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the Echo

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Swine flu hits CLU's campus

Alyssa Harris
Staff Writer

CLU students cannot escape the swine flu epidemic. At press time, there were 40 cases of swine flu reported on campus with more students and faculty falling ill every day, according to CLU Health Services.

The university is constantly monitoring the situation and is in contact with the Ventura County Public Health Department, according to an e-mail sent to the student body by Kerri Lauchner, director of Health Services.

The Health Services staff also is taking guidance from the Centers for Disease Control and Prevention (CDC) to properly treat those affected and to prevent the spread of the disease.

"If you start to feel sick, make sure you go to the doctor right away," said senior Trace Ronning, who came down with swine flu before school started the first week of September.

"The sooner you get on the medicine, the sooner you get rid of it."

The H1N1 virus, more commonly known as the swine flu, presented itself just over a year ago in Mexico and since

has spread rapidly all over North America and other parts of the world.

The symptoms are similar to the seasonal flu, but swine flu is more likely to infect younger people, according to the CDC.

"When it started I had a fever, aches and a severe headache. It lasted for two days and I was fatigued during that time," said a CLU student, who requested anonymity.

The university is taking every precaution to ensure the virus does not spread any more than it already has, according to Lauchner's e-mail.

Students who have come down with the virus have been quarantined in their rooms until they are released by their doctors.

In the e-mail sent to the student body by Lauchner, students are instructed to "practice respiratory etiquette by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands."

The H1N1 virus also appears to hang on longer, according to one patient.

"After I had the swine flu and I



Photo by Doug Barnett · Photo Editor

Don't get sick: Hand sanitizers like this are now common places at CLU. One of the many steps the administration is taking to reduce the spread of the H1N1 virus.

felt my body recovering. I came down with a terrible cough and congestion in my chest," said one California Lutheran University student who also spoke to The Echo anonymously.

Students are advised to become familiar with the symptoms and to see a doctor immediately if they develop any of them.

"Anyone with any flu-like symptoms (which include fever, cough, sore throat, body aches, headaches, nausea, vomiting and runny nose) are to stay in their rooms or stay home from all classes, work, athletic practices, dining halls and all events until they are feeling much better and do not have a fever for 24 hours,"

Lauchner said.

The university also encourages all students to receive the seasonal influenza vaccination as a precaution.

CLU health officials encourage students to consult the CDC Web site for the guidelines on the disease and how to prevent it.

Students take part in California Coastal Cleanup Day

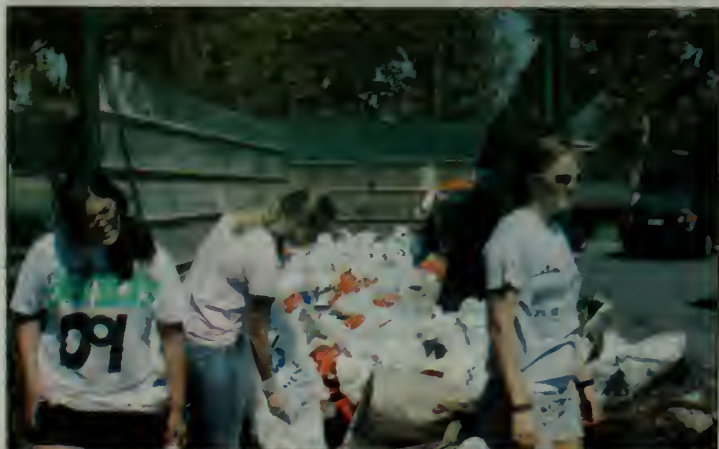


Photo courtesy of Pete Brown - CLU Marketing

Doing Work: Three CLU students move debris from Borchard Community Park to a trash bin.

Compiled from staff reports

Eleven people in the CLU community participated in the 25th annual California Coastal Cleanup Day on Saturday, Sept. 19.

The CLU contingent was at Borchard Community Park in Newbury Park where they spent the day picking up trash in a waterway that runs through the park.

"It was really important to be inland, because we were able to prevent trash from reaching the ocean," junior Meghan Hernandez said.

The nine students and two administrators collected an estimated 62 pounds of debris from the park.

Hernandez along with junior Emily Westfall picked up 123 rusty nails.

CLU's participation in the clean-up is part of the university's goal to complete 50 service projects this school year.

The next opportunity for students to get involved in service is Fall Service Day on Saturday, Sept. 26.

Students will be able to volunteer for 18 projects with a wide variety of service opportunities including the Santa Barbara Zoo, Humane Society and Habitat for Humanity.

Students can select the service project either online or at the SUB.

Students who are participating in service day will meet at the SUB before they go off to their projects. Breakfast will be provided by Noah's Bagels.

Every student who volunteers will receive a free Service Day T-shirt.

NEWS

IN BRIEF

The President is in...

Last week, President Chris Kimball announced that he will hold office hours.

In a statement released by the president's office, Kimball missed the more direct contact with students and wanted to be able to hear directly from them.

According to the release, the new office hours will not preclude students from contacting the president's office for an appointment or contacting Kimball directly via e-mail.

For the month of October, the president will be in his office on Oct. 1 from 10 to 11:30 a.m. and Oct. 15 from 3:30 to 5 p.m..

ASCLU-G Elections

The California Lutheran University ASCLU-G election results are in and the newly elected senators and Program's Board representatives are ready to begin planning CLU's next big event.

The voting took place last Tuesday and Wednesday.

The fall elections are used to elect freshman representatives and to fill vacancies from the spring elections to both senate and programs board.

Newly elected senators include freshmen Jesse McClain, Leah Griffith, Melissa Torres and Lauryn Andrews; Commuter Senator Sara Pressey; Transfer Senator Chris Connell and Sophomores Sierra Ronning and Shannon Teague.

Newly elected Program Board members include Alexis Faughn, Emily Casarez, Jessica Plowden and Lauren Chiapetti. Transfer Representative Nicole Chang and Senior Representatives Kevin Holt.

"Student government is always thrilled to incorporate new faces," said Evan Clark, a junior Programs Board representative.

"We're definitely hoping for strong leadership and a sense of commitment to represent CLU."

This year CLU's Senate and Programs Board representatives are ready to promote and incorporate a wide range of new ideas on campus in order to draw more students to their events.

Thoughts and ideas about "going green" and encouraging students, faculty and alumni in becoming involved with activities on campus have been a main focus for ASCLU-G in recent years.

After coming back from their respective retreats both Senate and Programs Board have laid the groundwork to meet the diverse needs of the students.

"People in student government take on amazing challenges," Clark said.

"It's such an important factor in ASCLU-G to keep students' needs in mind. We are chosen to be the voice of the students, and that in my opinion is a very powerful tool."

CLU provides health care to all students

As health care reform dominates national conversation, CLU may be ahead of the curve

Jesse Knutson
Staff Writer

More than 45 million people lack health insurance in the United States. With multiple health-care bills circulating through the U.S. Congress, what does that mean for students at CLU?

In the early 2000s, California Lutheran University implemented a health insurance plan for all residential, full-time undergraduate and international students.

The plan is factored into the tuition at CLU and provides students with coverage for basic injuries and sickness.

The plan can also be used to supplement students' own health insurance or act as a primary insurer if students have no other coverage or are outside their coverage area.

"There's a significant number of students who come to the university who aren't covered by health insurance," said Bill Rosser, dean of students at CLU.

"Before the university provided health insurance, we had students dropping out of school because they got sick and couldn't afford the medical costs on top of tuition."

What CLU did for the students

is very similar to what the national government is working on for the American people, Rosser added.

"Now the question is how will the nation respond? I don't know; the issues are the same," Rosser said.

If the present rate of growth in health care costs continues, the Congressional Budget Office estimates that by 2025, one out of every four dollars in our national economy will be tied up in the health care system.

According to www.whitehouse.gov, President Barack Obama's guiding principles on health care reform include controlling rising costs, guaranteeing choice of doctors and assuring high-quality, affordable health care for all Americans.

Professor Herb Gooch

What's the deal with health care reform?

With five different health care reform bills in the Senate alone, Congressman Elton Gallegly, 24th Congressional District, - in Ventura and Santa Barbara counties - outlines his cosponsored bill H.R. 3400.

H.R. 3400

- Provides tax credits for people who cannot afford to purchase insurance
- Allows businesses to form associations in order to purchase affordable health insurance for employees
- Reduces medical costs by limiting frivolous medical

malpractice lawsuits

- Establishes high risk insurance pools to help people with pre-existing conditions find affordable insurance
- Requires a one percent across the board cut in nondefense discretionary spending in order to pay the cost of the plan

The Obama administration also believes health care reform should improve patient safety and quality of care, as well as maintain coverage when an individual changes or loses a job.

Obama's plan would include filling the insurance gap that could arise from graduating college students. Graduates could find themselves without health coverage if they don't find a job immediately.

The Obama administration has put it as one of its priorities to pass a health care reform bill within the year.

When asked about how the Obama administration would be affected if the bill doesn't pass, political science professor Dr. Herb Gooch said, "That would really be a major blow."

He added that as Washington studies the options for the health care reform, they'll have to strategize carefully to find the program that works the best for the American people.

"The situation is very complicated. When you look at politics, it's like looking at a sausage. People enjoy eating it, but no one wants to see how it's made," Gooch said.

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Pastor, Victory Outreach of Eagle Rock, California

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CLU keeps status as one of safest colleges in US

Jackie Rodriguez
Staff Writer

With campus Public Safety recently releasing the Annual Security Report and Crime Statistics, CLU continues to be one of safest colleges in the United States according to the Clery Report.

The Clery Report is a federal mandate for colleges and universities to record and publish information on crime that happens on or near campus of institutions who receive federal financial aid.

California Lutheran University just recently posted its report on its Web site.

"CLU is ranked as one of the safest colleges in the U.S., according to the Clery Report," said Fred Miller, director of campus Public Safety.

According to the statistics, compiled by the university for the 2009 report, there was a relatively minor amount of criminal incidents last year.

Of the crimes reported, the majority involved drug and alcohol violations.

One of the main reasons criminal activity at CLU is so low is because the "city of Thousand Oaks is relatively safe," Miller said.

However, campus Public Safety does not strictly rely on the reputation of Thousand Oaks.

Rather, the director and his

staff take preventive measures to increase security.

To remain on top of things, campus Public Safety has installed an emergency alert system which allows students to be notified of emergencies in just a few moments.

In addition to the system, all public safety officers are required to undergo additional training.

Yet, the prevention of crime cannot be the strict responsibility of the public safety officers.

Students also need to be responsible for their possessions.

"The biggest reason we have theft is because students don't lock their doors," Miller said.

All eight cases of burglary that were reported last year were without forced entry.

As a result, the director suggests all students lock their doors and place a locking cable or tracking system on their laptops.

While there were only a few theft incidents last year, the occurrence still worries some students.

Janett Garcia, junior, agrees with the director that students should take more precautions.

She said that students need to be a bit more careful as anyone can come on campus.

Last year's incidents, such as car theft and reported sexual battery of a female student, made Garcia realize that she was a little naive to think nothing would happen on campus.



Photo by Carly Schmidt - Staff Photographer

Increased mobility: New transportation provides quicker response for CLU security officers.

To reduce the amount of criminal activity and promote safety, two officers are on duty at all times, according to Miller.

"I feel pretty safe here because I always see security officers around," junior Vanessa Lara said.

In addition to the reassurance she gets by seeing the officers, Lara said she feels comfortable going to the officers in the event she were in trouble.

Lara even has the CLU security's phone number programmed into her cell phone.

In case of an emergency, the campus Public Safety department is "up there in doing all the things that we can possibly do," Miller said.

Despite all of the measures campus Public Safety has taken to aid the campus, students should always use commonsense and

be on the lookout for suspicious activity.

To read the 2009 Annual Security Report and Crime Statistics visit the campus Public Safety Web site www.callutheran.edu/safety_security/ and click on the links.

Anyone who suspects or notices suspicious behavior should call campus Public Safety at (805) 493-3911.

Orientation mixes of new and old

Hanna Halldorsdottir
Staff Writer

This year's New Student Orientation was marked by new events and time-honored traditions.

One of the new events brought speaker Harlan Cohen, author of "The Naked Roommate: And 107 Other Issues You Might Run Into in College," to campus to speak to the new students about college life.

Amanda Whealon, coordinator for Student Leadership and Programs, was in charge of bringing Cohen to campus. "I have his book and I was on his Web site when I saw that he did college talks," Whealon said.

"The more I spoke with him the more I realized how beneficial he would be to our new students."

Cohen writes "Help Me Harlan!," a nationally syndicated advice column for people in their teens and 20s.

Cohen has written on college life, parenting, pregnancy, childbirth, teen life, dating, relationships, sex, no sex, rejection, risk-taking and leadership, according to his Web site.

One long-held tradition, Opening Convocation, had to be moved from the Samuelson Chapel to the Gilbert Sports and Fitness Center because of the record number of new students.

"We wanted it to be so that anyone who wanted to could



Photo courtesy of Brian Stethem - CLU Art Instructor

Paint Fight: Freshman students paint the CLU rocks during orientation.

attend," Assistant Director of Student Life Sally Lorentson said.

While there were many new events for orientation, some traditions lived on. New students enjoyed painting the CLU rocks, as well as Playfair and The Challenge, previously known as Froshfest.

New students also were given a small taste of service learning when they participated in "You Got Served," the first of 50-year service projects planned throughout the year. "You Got Served" sent students to the Ventura River and to pick up trash and debris from the riverbed.

To help celebrate CLU's 50-year anniversary, orientation had a few special events. One of these events had President Chris Kimball help one certain student move into the residence hall.

"The 50th student to check in received Gumbly's Golden ticket, and was assisted by the mascot and President Kimball when moving into Mt. Clef Hall," Lorentson said.

Orientation is designed to help new students adjust to their new environment.

"It was good to know your way around campus when classes actually began," freshman Jarylin Reese said.

A year of celebrations to mark CLU's 50th

Vanessa Lara
Staff Writer

California Lutheran University is marking its first 50-year, embarking on a yearlong celebration to honor of CLU's golden anniversary.

The golden festivities will include many events to help the university celebrate its first 50 years.

"This is an opportunity for a big celebration for the community and to see how far we've come," said Melinda Roper, director of Student Life. Many CLU events this year will highlight the anniversary.

"Founders Day in October is focusing on the anniversary, Homecoming is having a golden anniversary theme," President Chris Kimball said.

The CLU campus will be decorated in gold - from The Gumbly sculpture, to the CLU rocks.

"The entire campus, you will see gold on everything.

It will shine throughout the year, demonstrating visually the celebration of our 50th year," said Sally Lorentson, assistant director of Student Life.

The entire CLU community can be a part of the celebration with all the events happening

"The entire campus, you will see gold on everything. It will shine throughout the year."

Sally Lorentson

There are also particular events targeted at helping smaller sub-populations of those groups to celebrate," Lorentson said.

Two events that have been designed specifically for students are "Paint the Rocks Gold" at 5:30 p.m. today and Gumbly's birthday party on Oct. 12.

Major events this semester will include the Athletic Hall of Fame Dinner & Induction Ceremony. Homecoming Choral Concert, CLU Turns 50: An Anniversary Bash and the Founders Day Convocation and Concert.

The 50-year celebration, said Kimball is a time to look back at all CLU has achieved.

For additional details on upcoming events visit the 50 web page at www.callutheran.edu/50/.

CALENDAR

| Wednesday Sept. 23 | Thursday Sept. 24 | Friday Sept. 25 |
|--|---|--|
| <ul style="list-style-type: none"> • Paint the Rocks GOLD! 5:30 p.m. Gilbert Sports and Fitness Center • The Need: Karma 10 p.m. SUB | <ul style="list-style-type: none"> • Tim O'Brien: Reflections on the Vietnam War 7:30 p.m. Gilbert Arena | <ul style="list-style-type: none"> • "Dive In" Movie: 50 First Dates (2004) 8 p.m. Community Pool |
| Saturday Sept. 26 | Sunday Sept. 27 | Monday Sept. 28 |
| <ul style="list-style-type: none"> • Compact for a Sustainable Ventura County 9 a.m. Lunding Events Center | <ul style="list-style-type: none"> • Sandy Homb: Legacy of the Hardanger Fiddle 2 p.m. Roth Nelson Room | <ul style="list-style-type: none"> • Dr. Alan Goodwin: Ethical Considerations with the Homicidal Patient 5 p.m. Samuelson Chapel • Invisible Children 7 p.m. Lunding Events Center |
| Tuesday Sept. 29 | Next Week Sept. 30-Oct. 6 | |
| <ul style="list-style-type: none"> • Resume Writing Workshop Noon Roth Nelson Room | <ul style="list-style-type: none"> • The Need: Tommy & High Pilots • Reel Justice Film Series: My Suicide (2008) • The Tournees Festival • Fall Food Drive • Chinese Moon Festival Celebration • Alternative Spring Break Trip Interest Meeting | |



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must be 18+

FEATURES

Trinity Hall welcomes students in style

Michele Manfredi
Staff Writer

Housing 220 students, CLU's newest dorm building has made quite the impression on campus.

Trinity Hall is the latest addition to California Lutheran University's campus, including dorms, study areas, a lounge and even classrooms, costing \$16.5 million.

"The money really paid off," said Jarrod Marini, a junior currently living in Trinity Hall. "All my friends and I requested Trinity Hall first on our list for dorm living."

Trinity Hall consists of mostly suites with four single bedrooms with a common living, kitchen and bathroom area.

There are also several suites made for six people that feature a larger kitchen, a second bathroom and larger living areas.

In addition, there is also an option to have a single bedroom suite for those who prefer to have their own living space.

"It's nice having our own bathroom in our dorm room."

"The money really paid off. All my friends and I requested Trinity Hall for dorm living."

Junior
Jarrod Marini

The new dorm building is located at the



Construction of the new residence hall, Trinity Hall, ended in time for the fall 2009 semester.

Photo by Zak Kieran - Staff Photographer

far end of campus, which can be an advantage or disadvantage to students living in this hall.

Junior Michelle Predovic thinks there are positive sides to living away from the craziness on campus.

"I used to live in South; Trinity is much quieter," Predovic said.

However, not all students see the location as an advantage.

"The Centrum and the cafeteria are kind of far away from

my room," Marini said.

The food areas might be a long travel, but Marini still prefers Trinity Hall over his past dorm in North Hall.

Trinity Hall is co-ed, which none of the residents seem to complain about.

"No problem with co-ed, none at all," Vargas said.

The security system to enter the new residence hall requires each student to scan his or her ID card for safety reasons, which some students don't

like.

"It would be nice to know the code outside in case I forget my card and it's 2 a.m. I have to call my roommate to come get me," Vargas said.

The dorms still have minor setbacks here and there due to recent construction on the building.

"The Internet is sometimes slow to start up; it isn't as fast as the North or South halls," Marini said.

In addition to the new hall,

there is also a brand new parking lot, which allows residential parking for Trinity Hall residents.

"The parking on campus is a lot better than last semester. The new Trinity parking lot holds a lot of cars, leaving more spots for commuters," Marini said.

Regardless of the distance from the Centrum and other eating areas, students prefer living in the brand new, quieter quarters of Trinity Hall.

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•Rice and beans cooked daily without lard

•Fresh salsas and guacamole made every day

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(Next to Rite-Aid)

Artist inspires students through sculpture

Kendal Hurley
Staff Writer

Hoping to engage students in his passion for art, sculptor and painter Paul Lucchesi will display his work in the Kwan Fong Art Gallery until mid October.

Lucchesi, who was born in Brooklyn and recently moved to West Virginia, will not only showcase his art, but will be here for the next few weeks to teach students how to sculpt using water-based clay.

He has set up a make shift studio in the Kwan Fong Gallery. "What I do is fun," Lucchesi said. "I just hope everyone will come out and share this experience with me."

On display in the new exhibit are 13 original paintings hanging on the walls, as well as four sculptures, each with four sides representing different people or animals.

"The details of the sculptures are very intricate," sophomore Hayley Bianchi said.

"Each side of the sculpture tells a different story."

For the university's 50-year anniversary, Lucchesi has been asked to sculpt a commemorative piece to be kept on campus.

He is still thinking of what to create, but it will be something

humanistic, not too jazzy, and will reflect the history of the school.

During his time at CLU, Lucchesi is learning about the history of the university and is considering using its founders as inspiration for his piece.

The new sculpture will be finished before he leaves next month.

"You don't want to narrow it down too much," Michael Pearce, art professor at CLU said.

"We want him to enjoy his creative process as much as possible."

Pearce recently met Lucchesi through a mutual friend and after being impressed with the quality of his art, he offered him the opportunity to display his work at CLU.

What Lucchesi would like most in his time here at CLU is for students to become involved in his work and to be able to share what he knows with them.

He has been teaching art workshops since 1984, spending most of the year teaching in the United States and the summer months teaching in Italy.

Born into a family of artists, he never planned on following in their footsteps but ended up moving to Manhattan at age 18 to attend the National Academy of Design.

“The details of the sculptures are very intricate. Each side of the sculpture tells a different story.”

Sophomore
Hayley Bianchi



Photo by Doug Barnett · Photo Editor

Artist Paul Lucchesi (right) shows a friend how his sculptures rotate.

"It is a style of life that you live constantly," Lucchesi said.

"You never retire."

Seeing inspiration mainly in people and everyday life, Lucchesi creates contemporary sculptures that link the past with the present.

Someone he has seen before may turn up subconsciously in his artwork.

He considers his pieces representational and likes his work to speak for him.

There are no captions beside the pieces in the gallery.

It takes about a month to sculpt a new project, depending on the size.

After a sculpture is created out of clay, there is a six to eight month process where the piece is cast in bronze.

The bronzing process has been used since Grecian times and has not changed.

After his sculptures are finished, Lucchesi paints them and

eventually sells them to people around the world.

Lucchesi's exhibit will be on campus until Thursday, October 15 when there will be a closing ceremony held to celebrate his work.

To learn more about his work or how to sculpt, visit Lucchesi in the Kwan Fong Gallery, located in the Humanities Building, or go to http://www.callutheran.edu/kwan_fong for more information.

The Fashion Plate: A well balanced serving each week

Heather Taylor
Staff Writer

Alexa's Got it Going On

Alexa Chung has said "there's not much to being an It Girl" but we know better.

The 25-year-old former model is most definitely 'It', radiating a je ne sais quoi around her.

She's charmed audiences on MTV with her new afternoon show "It's On with Alexa Chung" and has worked the runway for international fashion designers such as Vivienne Westwood. On the catwalk or the small screen, there is no denying that Chung has a naturally effortless fashion sense.

She can rock a sleeveless mini-dress with a pair of polka-dotted tights and easily look like the long-lost sister of Alanis Morissette.

Or she can pull on a blazer over a simple, white tee with an added A-line skirt, an outfit that can easily, with a few minor adjustments, go from day to night.

How does one get such a look? Chung is a minimalist when it comes to her clothes, as many

great It Girls of the past have been.

She sticks to certain basics like denim shorts and plain white tees but punches up the ensemble with a cool handbag or a long, dangling, beaded necklace. Try pairing a striped shirt with a tulip skirt, maybe even one with side pockets.

Then accessorize with a wide belt and a pair of low heels.

Wear a pair of skinny jeans with a trench coat with amazing, bold buttons and a French twist hairdo.

Focus on the details for a Chung-worthy appearance.

Men Who Love the Cardigan

This summer, I had the pleasure of seeing 500 Days of Summer.

This movie left me gleefully thrilled, particularly at the wardrobe of actor Joseph Gordon-Levitt.

There is a scene when he is at a bar getting ready to impress his crush with some Pixies-fused karaoke.

Gordon-Levitt is donning a plain, burgundy sweater vest over a button-down shirt with a

forest green tie. Whoa.

Not since the day that Ferris Bueller serenaded Chicagoans with a lip-synched Beatles tune in a tiger-printed sweater vest have I been so wowed.

And he was at a bar, no less.

Boys of the world, take note. While you might love that old hoodie, we miss you in cardigans and blazers and the always awesome sweater vest.

There are plenty of places to hit up for one, including Urban Outfitters and Express, which offer a variety of colors and designs at reasonable prices.

Pair the outerwear with the classic polo or try Gordon-Levitt's take with the tie and button-down shirt.

It will be stellar, I can assure you.

Make Mine Mctega

When you live in the age of information, it's always nice to take a trip back to the Stone Age.

Based in Los Angeles, Mctega jewelry is designed to be hand-crafted necklaces that resemble rocks and other surreal objects. Designers Sarah McLellan and Kristina Ortega, who come

from backgrounds in pre-med and organic chemistry, made the faux-stones out of a sturdy plastic called polyresin so as not to cause the wearer to feel any actual discomfort.

Mctega is divided into three collections.

Some of the highlights from these collections feature the brightly colored Evolution, the

Gilded Menagerie that uses plastic animals rather than stones, and the highly impressive Triptych, in which the colorful stones appear to be melting into the necklace.

These unique accessories will be sure to enhance any outfit.

Check out mctega.com for more information and prices. Rock on.

the Echo

a publication of

| | |
|--|---|
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Movie Review: Not your average love story

Alexandra Butler
Staff Writer

Sometimes tragedy in a person's life kills his or her happiness, making tears fall like rain.

Life happens and it's how you deal with it that is important, keeping in mind everything will be okay.

"Love Happens," co-written and directed by first-time feature filmmaker Brandon Camp, was released Friday, Sept. 18.

Burke Ryan, played by Aaron Eckhart, faces the challenges of grief after losing his wife in a car accident.

He copes with his deep emotions by writing a book, which becomes a best seller.

The audience is captivated by his trials and tribulations while they watch him on his book tour.

At a conference in Seattle, he bumps into a flower arranger

named Eloise played by Jennifer Aniston. Her character is sympathetic to brokenhearted Ryan and befriends him.

"I really felt inspired by the fact that this movie was a real movie; it's not about fairy tales."

Student
Paul Hartmann

death.

I enjoyed how the movie added comedic relief with Dan Fogler's character, Lane, who is a friend and agent.

Love is unpredictable and can walk into a person's life at any unexpected moment.

Personally, I enjoyed the break from the "find love and live happily ever after" plot.

This movie was refreshing and unique because not many movies address the subject of

Love is symbolic mostly in friendship and teamwork.

This movie follows people's stories of bereavement and coming to terms with loss and grief.

Through motivation, time and anger the fans of the book deal with their pain.

"I really felt inspired by the fact that this movie was a real movie; it's not about fairy tales," senior Paul Hartmann said.

However, at the end of the movie, there is a big twist that changes the image of the strong Ryan forever.

By the end you will be cheering for the main characters.

This movie gets five stars by my standards, because it is realistic.

There is no fluffy music and kissing scenes.

It is life, reality, lies and the confrontation of the truth.

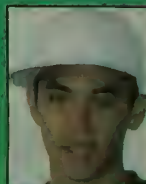
In the end "Love Happens."

CAMPUS QUOTES

Who would you least like to be stuck on an airplane with?

"My little brother."

Junior
Christopher Vargas



"It's a close tie between my baseball coach and Greg Gelber."

Senior
Josh Larson



"My grandma. She's afraid of flying."

Sophomore
Rachel Flores



"Keanu Reeves."

Junior
Stu Krock



"A smelly, fat, old man."

Sophomore
Reide Housley



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OPINION

Get involved and leave your mark on campus



Margaret Nolan
Editor in Chief

Each September ushers in changes.

The weather typically cools down a few degrees, stores bring out a wave of new products and students of all ages file back into classrooms.

This new school year at CLU already promises to be one for the records.

Once again, we have raised the number of incoming students with our largest freshmen and transfer classes to date.

Students are finally getting to experience living in Trinity, the new dorm building.

We are also seeing an extra amount of gold and purple scattered around campus in celebration of CLU's 50-year anniversary.

Everything from Mt. Clef Stadium to Memorial Parkway to Gumby has gotten a makeover.

As we celebrate our school's founding, we should take this time to reflect on how far our school has come since its birth.

Fifty years ago, California Lutheran College wasn't much more than a few chicken coops and a dormitory on the old Pederson Ranch.

Today, thanks to generous donations, the leadership of the Board of Regents and the overwhelming support of the community, CLU has blossomed into a well-established university, ranking in the Top 20 in the Western region by U.S. News and World Report.

However, we never would have reached that point without all of the hard work of CLU students, staff, faculty and alumni.

One of the things I hear time and time again from CLU students

Reach out of your comfort zone and find something that will let you leave your own impression on CLU.

and alumni is they love that they are able to leave their own lasting mark on the university.

One of the many benefits of attending CLU is the multitude of activities for students to get involved in.

Whether it is joining the infa-

mous improv troupe, becoming a peer adviser or attending Lord of Life worship, there is something for everyone at CLU.

As we are celebrating our past, I encourage you take action for the future. Find some activity or club that interests you and dive in head first.

If you can't find something that suits you, start your own club.

I know that a men's volleyball team and a ballet club are trying to emerge onto the campus scene.

Reach out of your comfort zone and find something that will let you leave your own impression on CLU.

This year's Echo editing staff is attempting to do just that with our complete redesign of the paper.

It may not be perfect yet but we are all determined to keep growing as a staff so that we can take The

Echo into the future.

When I arrived at CLU three years ago, I was extremely skeptical. I planned to stay for two years and then transfer out.

Within a few months, all thoughts of transferring were completely erased.

My time at CLU has helped me discover new interests and talents that I never knew existed, such as my love for journalism.

CLU tends to have that effect on people.

As one anonymous student wrote on the anniversary page of the school Web site: "The CLU community opened my awareness, embraced my talents and gave needed meaning to my life."

So I encourage you all to find a way to give meaning to your life at CLU and make the next 50 years as good as the last.

The "D" word First year vs. freshman



Robert Amey

It's no secret that California Lutheran University is committed to increasing diversity on campus, and with every incoming class, efforts are noticeable.

For many, this new look can be a little overwhelming while others feel it isn't enough.

I was amazed at the number of blacks and Latinos who checked in on move-in day.

Various conversations with transfers and freshmen have left me baffled with their displeasure concerning campus life.

Not even a month into the semester and many are contemplating transferring.

The most common reason is a lack of diversity. The "D" word is often thrown around with not much intent in mind.

Diversity is much more than skin color, gender and sexual orientation. It includes everyone because we individually have something to contribute.

Each story constantly hits home, because I also wanted to transfer my first year.

However, with the help of countless individuals, diversity events and various clubs, I've become a spirited Kingsmen!

This year's first diversity event on campus, "The Beat of Our Generation," presented speaker Bakari Kitwana who made a mockery of hip-hop music and praised Obama over and over again.

I am a proud Obama supporter, but the pedestal Kitwana put President Obama on could have been

left out along with the derogatory music that was filled with slurs.

I was prepared for a discussion on how music influenced who we are. In turn, the Obama jock-riding, booty-shaking from my peers did upset me.

Heart pounding and thoughts racing, I wanted to cut off the mic.

This is not what Regals and Kingsmen do; this is not how we discuss or present diversity.

Anyone who attended, please know that we all make mistakes and this was one.

Although I received a backlash from the speaker with my questions and honest opinion, someone needed to verbalize this displeasure that many felt in the audience.

So how do we, as individuals and a collective group, move forward from this?

Several days after, I continued to hear discontent from students, staff and faculty regarding that night because it's obvious we are trying to break barriers, not build walls as Kitwana did.

I hope that every student here makes the effort to experience the cultures that CLU has to offer.

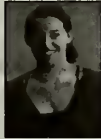
Make the change on campus by becoming involved and by shaking and stirring our growing melting pot.

Life at CLU is truly what you make it. Stepping outside of our comfort zones is the only way that is possible.

Freshmen and transfers know that you are not alone and we can only become as diverse as we want to be.

If you actually give it a chance I'm sure CLU will capture your heart.

I know commencement is the only way I see myself leaving CLU, or maybe if the Business Office calls me again.



Anna Meyer

California Lutheran University is entering a new era in which old traditions fade away and new ones are made.

The term "freshman" is now considered discriminatory.

Last spring, Student Life decided this year it would adopt the policy to refer to new students as "first years" in order to make CLU a more inclusive campus.

The term "freshman" was deemed discriminatory to those who have earned credits prior to their arrival at CLU and sexist toward women.

This decision was not made purely for political reasons but also for the need to be seen as up to par with other universities.

"Nationally most schools call their students first years," Kristin Price, assistant director of Student Life, said referring to larger schools such as UCs and CSUs.

Yet CLU students don't pay \$40,000 a year for the state school

atmosphere.

As students we hold onto the idea that we are part of something greater, that we are part of traditions that are passed down from one graduating class to another.

CLU is a school based on traditions, yet these traditions have already begun to change with the induction of the term "first years."

Orientation is now known as the "First Year Experience," Frosh Fest is now known as "The Chal-

Instead of creating something positive, this new technicality is further dividing the student body.

lenge."

Starting fall of 2010, Freshman Seminar will be called the "First Year Seminar."

Events that students remember and talk about for their entire college experience are now foreign topics to the upper classmen.

The confusion of this change in vocabulary will only continue as this is not an institutional policy.

The new "rule" is something being lead by Student Life and only affects those divisions under their umbrella.

Unless you are an RA, PA or worked on O-Staff during orientation, it is unlikely that you would know that this change has been made.

The freshmen are the only class that is losing its spot in the pecking order and will now be referred to by the numerical system.

First years are already singled out being that they have their, own side of campus and because of their naivete of the college life.

First years will now exist in their own world.

Instead of creating something positive this new technicality is further dividing the student body.

I believe this change will only alienate the freshmen from everyone else and cause a loss of identity.

The new students on campus can't be both freshmen and first years.

This decision may be considered politically correct but that does not necessarily mean that it is the best thing for our university.

~ Lord of Life ~

Live performance of *Mark's Gospel*
by Dr. Phil Ruge-Jones

Tuesday, September 29, 2009

Samuelson Chapel @ 7 p.m.

Seniors urged to make personal 'bucket list'



Linsey Mead

It's finally here: senior year. For most of you that means in eight short months you will be walking across a stage in cap and gown to receive your degree, officially making you a college graduate.

Some will be moving on to new jobs and careers, while others will be leaving the nest and saying goodbye to the luxuries of home; ultimately

entering the game of life.

Before we take on this new frontier, I think we should all come up with a personal "bucket list" of things to do before we walk across that stage.

What is a bucket list?

It is a type of checklist or "laundry list" of all the crazy and not-so-crazy things that you want to do in your life, or in your case seniors, your time left here at California Lutheran University.

Often times these goals are only written and never put to action.

This is now the time to make your desires a reality.

I think it is essential to have a little fun and put yourself out there before you are working a nine to five schedule.

Here are some ideas to get your list going.

Before we take on this new frontier I think we should all come up with a personal 'bucket list' of things to do before we walk across that stage.

Living in Thousand Oaks puts CLU students in a prime

location for fun activities.

For instance, Hollywood is just over the hill and the beach is around the corner.

Being at the center of everything, we should take advantage of the local hotspots we so quickly forget about.

The Wax Museum and Ripley's Believe it or Not Museum are two places you must visit while living in southern California.

Why not take a Sunday afternoon and fly a kite or go on a five mile hike?

Take a road trip to San Francisco with a bunch of friends to see the seals or go whale watching on the coast.

Try your hand at rock climbing in the local mountains, kayaking or scuba diving.

Don't forget about Medieval Times and the Pirate Dinner Adventure, camping on the beach, a hot air balloon ride or zip lining.

In addition there are great restaurants we have like the Melting Pot and Tokyo Delves, and there are tons more I didn't list.

The possibilities are endless.

Take some time today to sit down and create a list of all the things you have been wanting to do, and then go out and make it happen.

Media buries ACORN



McKenzie Becker

As a story about fraud in ACORN (Association of Community Organizations for Reform Now) spreads like wildfire, the mainstream media continues to ignore it.

Two investigative journalists, Hannah Giles and James O'Keefe, went undercover as a prostitute and a pimp looking for a home loan on a house to use as a brothel.

The staffers at the Baltimore office of ACORN were more than willing to help O'Keefe and Giles set up a prostitution ring and skirt the law as carefully as possible.

The embarrassing conversation they caught on video shed light upon the corrupt activities going on in ACORN.

According to the Washington Examiner, at least \$53 million in federal money has been handed to ACORN since 1994.

ACORN has been illegally funding the aide of traffickers receiving loans and having them live tax-free in houses.

I find it hard to believe President Obama was unaware of this illegal activity and that he has also allowed the abuse of taxpayer funds to pay for this program.

For several weeks now, Fox News has been covering the corruption of ACORN, but no other major outlets are covering the story.

ABC, CBS and NBC, have all refused to cover the scandal.

The truth has come out, yet the media tries to pretend there is nothing going on.

The story is growing by the day, with similar exposes being aired which involve ACORN offices in New York and Washington.

The media was more than eager to cover any story that put George W. Bush in a bad light.

However, this program, which casts Obama in a bad light in my opinion, isn't being talked about

as much as it should be.

During President Obama's candidacy, if anyone raised a question as to the qualifications associated with a community organizer in terms of assuming the role of commander in chief, there was an immediate backlash for attacking the likes of ACORN.

The mainstream media consistently displayed a deliberate and consistent disregard for alleged improprieties within ACORN, and refused to investigate candidate Obama's confirmed association with the organization.

The role of a community organizer was glorified as serving some immense good for the communities that they served, with ACORN being the pillar of Community Organizers.

Instead of allowing candidate

The truth has come out, yet the media tried to pretend there is nothing going on.

Obama to be tainted in any way by revealing the fraudulent operations of ACORN through legitimate investigative journalism, the mainstream media buried such stories to avoid the negative association that it would cause.

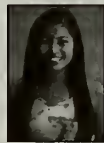
Even though the potential outcome of real investigative journalism no longer poses the threat to impact the outcome of the presidential race, the mainstream media continues to demonstrate a clear and deliberate bias.

They seem intent on burying any story that will confirm the questionable associations held by President Obama, no matter the cost.

It is this writer's opinion that real reporting should occur, with the facts put out for the public at large to draw from and form their own opinions.

The results of government sponsored propaganda have been disastrous in the past, and we now see the mainstream media as a willing accomplice in such tactics.

Student's dorm art gets washed out



Caitlin Coomber

They say a picture is worth a thousand words.

For one room on campus, it had been discovered that a white wall is worth quite a bit more.

This school year has started off with a bang, as students began to settle down into their old routines and nestle into back-to-school mode.

They have made the move to their new dorm rooms, decorating and making a home for themselves in Thousand Oaks.

Some students are figuring out the price to pay for extending their creativity beyond the norm. Literally.

During the first week of school, four students at California Lutheran University took their decorating to a whole new level. They decided to paint a mural on the wall of their dorm.

They began with a simple grey mountain range and proceeded to embellish a cascading waterfall.

When asked about the legitimacy of the adornment, the

students confirmed that their hall's Resident Assistant had approved of the wall's painting before they began.

However, nearly an hour into the project, two different RAs had spotted the mural and collectively ordered the painters to stop.

Residence Life was then contacted and gave the official thumbs down to the decorating.

The residents were told the unauthorized painting was against policy.

However, there were vague warnings about being charged for the damages.

This of course leads to the

Why are the students being charged for a mistake that was approved by an authority figure on campus?

question: Can these students be held responsible for the damages?

The obvious answer is yes.

The CLU Student Handbook is available online, where it states: "All rooms are painted by facilities staff only."

However, there is still a thread of doubt lingering in my mind. Can the university realistically

expect every student to know this rulebook back-to-front? And if so, shouldn't the RA who initially approved the project have an even more thorough knowledge of such policies?

As it is known, RAs are officially "responsible for communicating the CLU Standards of Conduct and Policies," as stated in the handbook.

These students had to make appointments with the Office of Judicial Affairs and are possibly facing pricey charges as a fine and repair costs.

This is after the fact that the "illegal" painters have since scrubbed their wall white and all evidence of the mountainous mural has been removed.

This left me wondering a few things.

Why are the students being charged for a mistake that was approved by an authority figure on campus?

If the blunder has since been amended, and facilities annually repaint the walls of each dorm room, are these students being charged out of justice or a poor cover for spite?

A confirmed source recently leaked that an anonymous RA from the previous year had painted their walls under full knowledge of this policy violation. Ironic.

Therefore, don't get caught.

Editorial Matter: The Echo staff welcomes comments on its articles as well as on the newspaper itself. However, the staff acknowledges that opinions presented do not necessarily represent the view of ASCLU or that of California Lutheran University. The Echo reserves the right to edit all stories, editorials, letters to the editor and other submissions for space restrictions, accuracy and style. All submissions become property of The Echo.

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SPORTS

Hard hitting defender earns national preseason honors

Andrew Parrone
Staff Writer

Part defensive back and part line-backer, senior All-American Victor Edwards' role on defense for the Cal Lutheran football team can be summed up in one word: playmaker.

Last season, Edwards' impressive stats included 39 tackles, two sacks, 11 defended passes and five interceptions. His success garnered him numerous pre-season accolades this past summer, including several Division III first team All-American mentions.

Edwards, however, is not going to bask in the attention.

"All those accolades are humbling. They're nice, but they don't mean much," Edwards said.

"Especially the preseason awards, it's all just speculation. Last year I think I got third team All-American and some other stuff, but it just motivated me to do better this year."

The extra attention Edwards received has in turn benefited the entire Kingsmen football program.

"Victor's publicity has all been positive," head coach Ben McEnroe said. "By making all of the preseason All-American teams, it puts the Cal Lutheran name in the national spotlight, which helps recruiting, marketing and brand recognition."

According to McEnroe, Edwards has a unique combination of size and

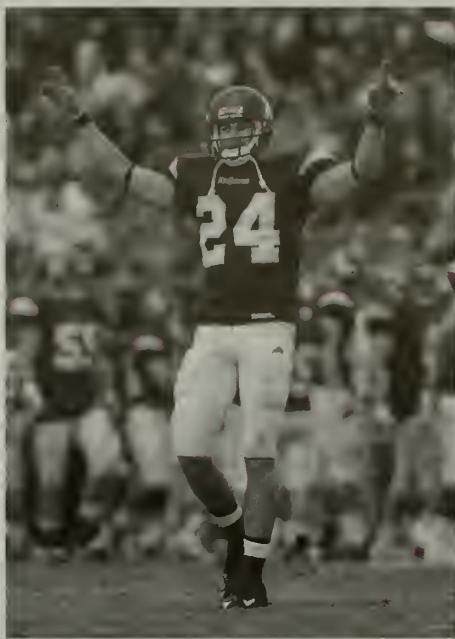


Photo by Erik Hagen - CLU Creative Media

Leading the Charge: Victor Edwards recorded five interceptions in 2008.

speed for a player at the Division III level. Though his physical gifts do give

him an advantage on Saturdays, Edwards said his greatest strength lies in his mental preparation and awareness.

"I'd say that the best thing I bring to the defense is the ability to read the offense and know what's going on," Edwards said. "Just being able to analyze the situation and have the recognition to make the play."

One of his teammates agrees with that assessment.

"Victor is a great student of the game," junior defensive lineman Alex Moe said.

"He just knows what the offense is going to do. Last year against Occidental when he had three interceptions, he was reading the offense and reacting so well because he knew their tendencies."

Though he would like to improve his vocal leadership on the field this year, Edwards is already a respected leader because of the positive example he sets through his hard work.

"Victor is not the loudest vocal leader, but he plays with confidence, he plays fast and he plays hard," McEnroe said. "Victor has really matured into a fine young man who is respected by his teammates both on and off of the field. His greatest attribute is that he leads by example on the field."

McEnroe, now in his third year as head coach of the Kingsmen, has enjoyed the growth that Edwards has gone through under his guidance.

"The growth and maturity that I have seen over the last three years in working with Victor has really been cool to watch, defensive coordinator Scott Beattie really challenged him both as a person and as a player when my staff arrived in 2007," McEnroe said.

"Victor is now looked at as one of our team leaders. One of the great joys of coaching is challenging young people to be their best and seeing them respond in a positive manner, which is something they can take with them the rest of their life."

Edwards has enjoyed his relationship with the coaching staff as well.

"The coaching staff is the best that you could ask for," Edwards said.

"They prepare us so well and they're always there for us, even off the field. You learn a lot of life lessons in football and the coaches are kind of like second dads to all of us."

Edwards' football career at Cal Lutheran has been even more special because he has spent the past two seasons playing alongside his younger brother Christian, a junior wide receiver.

"It's the best thing in the world having him on the team," Edwards said. "We're able to make each other better. He's on offense and I get to go up against him in practice all the time. I love to see him be successful and when he makes a play it just pumps me up even more."

Cal Lutheran men ready to contend in SCIAC

Kingsmen embark on eight straight SCIAC matches

Greg Gelber
Staff Writer

After finishing the season 9-9 last year, and fifth in the SCIAC conference, the Cal Lutheran mens soccer coach is ready for his team to prove they are for real.

Entering into his sixteenth year as the mens soccer coach, Dan Kuntz is excited about his team's chances.

"The team looks exciting. Several new and returning players are playing well together and creating fun games to watch," Kuntz said.

On Saturday, the team came out ready to play as they defeated Cal Tech 4-1. Last year, the Kingsmen were stunned as Cal Tech beat them for the first time in 35 meetings.

This year, senior Ryan McDermott was not going to allow that to happen.

McDermott scored two goals, including one in the first 10 minutes to help the Kingsmen pull out the victory.

The men's soccer team is now 1-1 in conference, which ties

them with six teams.

"This was a league win, and we are proud to have our first conference win on the road. The competition for the league title should be fierce and we want to be in the thick of it," Kuntz said.

Kuntz relies on captains Robbie Spangler, Ryan Dosh and McDermott to be leaders on the team, and guide the younger players on how to be respectful and competitive. The team has eight SCIAC games in a row, including this weekend's against Occidental.

The Kingsmen are 2-4 overall this season, but they've kept each loss close, losing all four games by a combined five goals.

On Wednesday, they lost to conference opponent Claremont 3-2, in a tough battle. Despite the loss, the Kingsmen are still in contention for winning the SCIAC this season.

Kuntz emphasized how important leadership and trust are to this team.

"There is an expectation for every player to contribute to the goals of the team by investing in the success of one another," Kuntz said.

If the Kingsmen play with trust and commitment, the coach believes they can have a successful season.

Kuntz wants the team to strive



Photo by Kevin Baxter - Sports Information

Kingsmen Score: Senior forward Connor Pearce takes a shot on goal in a non-conference match.

towards certain goals.

"[Our goals include] having a positive experience as a team working together to try and win

a SCIAC title, to earn a place in the NCAA tournament and to be the best students and athletes we can be throughout the

season."

With these goals in mind, the mens soccer team has laid the foundation for this season.

Kingsmen water polo struggles in overtime losses

Cal Lutheran wins two out of four over the weekend

Sara Grimes
Staff Writer

The Kingsmen water polo team picked up their first win of the season at home while splitting their four games over the weekend.

California Lutheran University hosted the two-day 'Cal Lu' Forna Invitational mens water polo tournament last weekend at the Samuelson Aquatic Center.

The Kingsmen play four games in Santa Clara at the Bronco Tournament this weekend.

"This tournament was a growing experience for us to get ready for the conference," senior goalie Jordan Bouey said.

The games held on Sept. 18 ended in losses for CLU, but not without a fight.

The first game against Cal Baptist went into overtime at a 12-12 tie.

Cal Baptist bested the Kingsmen in the extra period and walked away taking the win 14-12.

Senior Matt Heagy led the

Kingsmen with seven goals and one assist.

In the second game, Fresno Pacific took the win 11-10.

The game was forced into a sudden death overtime at 10-10 in which Fresno Pacific snuck away with a game-winning goal.

Sophomore Brandon Gross aided the team with three goals and two assists.

Despite the defeat, CLU played out the tournament and Bouey finished with 13 blocks and one steal.

With two losses under their belt CLU stepped it up for Sept. 19 in which they hosted games against Concordia "B" and Whittier, winning both games.

CLU started the second day of the tournament with a blowout win against Concordia "B" 20-10 in what seemed to be revenge for their two close losses.

Sophomore Brian Gross contributed to the win with seven goals.

It was a team effort with goals made by half of the team.

In the final game CLU, battled Whittier to the final seconds.

Down by one point with three minutes remaining in the final period, the Kingsmen rallied back to tie the game 10-10 with 1:05 remaining.

With five seconds left in the



Photo by Nick Gilliam - Staff Photographer
Tough Defense: Senior Rickey Mulcahey, 3, goes up for a block against California Baptist in Friday's loss.

game, senior Scott Bergemann scored the winning goal giving the Kingsmen an 11-10 victory in their final game of the tournament.

"It was a team effort and you can expect to see that every game," Bergemann said.

Although the Kingsmen finished the tournament 2-2 the team left the pool with a sense of accomplishment showing on their faces.

After the final game the CLU coaches had positive comments about their team.

"This team is the best team we've had, with three All American Seniors (Heagy, Jeff Chaney and Bouey)," assistant coach Matt Warshaw said.

"And for where we are at this point of the year, we did a good job."

CLU Hall of Fame enshrines nine more alumni

Former athletes honored in Hall of Fame ceremony

Brandon Kennedy
Staff Writer

Nine of California Lutheran University's former outstanding athletes had their names etched into the school's history on Saturday.

It was a joyous evening of food, drink and remembrance of some of California Lutheran University's brightest star athletes of years past.

The National Anthem was played and then the inductees were introduced.

Mark Jessop-Ellis was first to be inducted. Ellis, a star tennis player

at CLU, was the first CLU player to be named SCIAA Player of the Year, as well as the first CLU player to win a national title.

Now you can find Ellis coaching up-and-coming tennis players in Southern California.

Lindahl "Lindy" Lucas was second to be inducted. Lucas, an All-American in track and field from

the span of two days.

In his 1987 decathlon, Lucas put up a remarkable 6,798 points, which was 300 points higher than the next closest participant. Also named Mr. CLU, Lucas was not short on personality in his speech.

"I wanted to set a record that would be untouchable," Lucas said.

And he did, Lucas' decathlon record stands as the highest in school history.

Women's soccer star at CLU from 1995-98, Holly Roepke ranks fourth in goal scoring at CLU and third in assists. She was the third to be inducted Saturday night.

Roepke also earned the honor of being named All-Southern California Intercollegiate Athletic Conference First Team all four years she spent playing soccer at

CLU.

"As anyone who has ever played on a team knows, you can't accomplish anything alone," Roepke said, thanking her teammates.

Jeff Shea, a star punter on CLU's football team from 1994-97 still

punt, with 183 punts for a total of 7,939 yards. Shea is now a captain for the Ventura County Fire Department.

The final induction was not only that of five individuals, but five teammates. Raymond Fields, Donovan Grant, Lester Haynes, Lavannes Rose and Edward Rulenz were inducted as a part of the 1976-77 4x100 relay team.

They broke a school record time of 41.93 seconds in their event, earning them the title of All-Americans at the National Track and Field Championships.

"It was rocky, it was bumpy and it was dusty, despite those conditions... we became champions," Haynes said.

After all of the new members were inducted, the singing of CLU's Alma Mater and an after party concluded the ceremony.



1984-87 competed in arguably the toughest competition around, the decathlon, which consists of 10 different athletic events held over



holds a CLU record for longest punt when he booted the ball 85 yards, and was fourth to be inducted.

Shea also holds a Division III record for the highest punt average for a career at 43.4 yards per

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Up to date information on Cal Lutheran Sports

Cal Lutheran football routs Lutes in home opener

The Kingsmen take down rivals with seven TDs

Allie Mansfield
Staff Writer

After suffering a tough loss to Willamette University and enduring a long bus ride back from Salem, Ore., the Kingsmen of California Lutheran University would begin their season 0-2 and lose their home opener if they fell to the Lutes of Pacific Lutheran University.

The Kingsmen responded on Saturday by delivering a 49-7 win at Mt. Clef Stadium.

Following a bye this week, the Kingsmen (1-1) will host Whittier College (1-0) at 1 p.m. Saturday, Oct. 3.

Head coach Ben McEnroe, who once was a Kingsmen football player himself, has been coaching his alma mater for the past three years.

After losing a few key starters at the close of last year, he rebuilt the Kingsmen roster with this year's recruiting class.

The 2009 Kingsmen are blessed with talented freshmen and experienced transfers who will contribute to the Kingsmen football tradition.

"We had a real solid victory today, we executed well in all three phases and we ran the ball well.



Ground Attack: Senior Brian Stuart, No. 15, rushed for three touchdowns against Pacific Lutheran on Saturday.

As a football program, we are trying to embrace tradition and open the doors to alumni to come home and the students to support their team," McEnroe said.

From the opening kick-off, the Kingsmen came out with a vengeance against the Lutes.

Within the first five minutes of the game, senior running back Brian Stuart put the Kingsmen on

the score board with a three-yard touchdown run that capped off a five-play, 29-yard drive.

At the end of the first quarter, CLU was up 14-0 following a 10-yard touchdown pass from senior quarterback Jericho Toilolo to freshman receiver Matt O'Brien.

Toilolo completed 16 of 22 passes, throwing for 240 yards and two touchdowns that day behind

his offensive line that includes senior Matt Rosen, junior transfer Marc Valdez and sophomore Giovanni Lapp.

All gave Toilolo plenty of time in the pocket and opened big holes for running back Brian Stuart.

"Our team executed the plays well, the [offensive line] had my back and the transfers made an impact," Toilolo said.

"Not only did our offense step to the challenge but the special teams and the defense came to win, too."

The Kingsmen lead continued to grow, following a one-yard touchdown run by Stuart that completed a 10-play, 60-yard drive.

With only 1:01 left in the first half, the crowd and players were out of their seats, screaming as junior defensive back Derek Wilson took a 69-yard punt return for a touchdown, bringing the score to 28-0 at the half.

In the third quarter, Stuart rushed for his third touchdown of the game and junior wide receiver Christian Edwards caught a touchdown pass, bringing the score to 42-0.

Kingsmen defense held the Lute offense to just two rushing yards and junior defensive back Eric Lopes led the team with six tackles.

Senior defensive back Garrett Redd had two interceptions and his first career interception return for a touchdown, giving CLU 49 unanswered points.

Wilson and defensive linemen senior Sawyer Merrill and junior Jordan Barta each contributed individual sacks on junior Lutes quarterback Jordan Rasmussen.

"We did what we needed to do. We shut them down," Merrill said.

The CLU defense played up to their potential by shutting out the Lutes until late in the fourth quarter, finishing with a score of 49-7.

Regals soccer proves to be tough on the road

Rachael Hubbard
Staff Writer

After coming home with a 2-0 victory in Memphis, Tenn., the California Lutheran University womens soccer team came home to open SCIAAC play before heading on a four-game road trip.

The Regals (4-1) take on their

second SCIAAC match of the season today at Occidental.

On Saturday, Sept. 19, the Regals dominated the Menlo Oaks 4-0. The Regals made 28 shots on the opposing goal, surpassing the Oaks offensive attempt of five.

The scorers of the game consisted of returning All-SCIAAC second team member Brittany

Clark, and new additions to the team Kaylee Kirk, Megan Henriod and Kirsten DiPippo.

Leading scorer Brittany Clark made her fifth goal of the season and nineteenth career goal.

"I was very impressed that we were constantly encouraging one another and staying positive," Clark said.

Goalkeeper Laura Brain played the full 90 minutes securing a shutout.

The day before, the Regals played University of California, Santa Cruz, and defeated them 1-0. Freshman forward Mayra Virgen made her first career-winning goal with 25 minutes remaining.

Even though UCSC had 11 shots on goal compared with CLU's two, the Regals made their shots count and brought home the win.

This marks the first time the Regals have defeated the Banana Slugs in five years and the first win on the road against UCSC in 13 years.

Junior goalkeeper Kristin Borzi had five saves. This game was also her 10th career solo shutout. "I was really proud of our team," Borzi said.

Last Wednesday CLU dropped their SCIAAC opener to Claremont-Mudd-Scripps at home 0-2.

CLU came out with power, taking 11 out of their 13 shots on goal in the first half, out-shooting the CMS Athenas' four.

"We worked hard and matched Claremont's intensity. We had some great opportunities but we weren't able to capitalize on them," sophomore midfielder Rosemarie Lombardi said.

Junior forward Brittany Clark

broke away from defenders making a great attempt on goal in the first half but the score at halftime remained 0-0.

With 35 minutes remaining, Athenas outside midfielder, Laura Hagen scored the first goal of the game on Brain with no assist making it 1-0.

With 12 minutes remaining in the game, CMS' Arlyn Madsen-Bond sent a cross from the left and found the head of sophomore midfielder Rachel Bunting scoring the final goal of the game.

The Regals have added seven freshmen to the team this year and are still in the process of learning each other's strengths and weaknesses.

This is Frank Marino's first year as womens head coach. As the season progresses he is looking forward to "continuing to improve and build upon each other."

"While the season goes on we will become more comfortable playing with each other," sophomore defender Alyssa Harris said.

Harris has goals to win the SCIAAC conference this year and set a standard for CLU womens soccer.

"[We] always believe and lift each other up on and off the field. We want to win a SCIAAC championship and set a legacy for the years to come," Harris said.

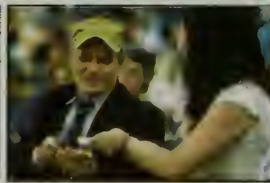


Photo by Laura Dale - Staff Photographer

Leading offense: Sophomore Aubrie Smith, No. 3, drives down the field against CMS defender in a 0-2 loss.



Campus
Improvements
Page 2



Tim O'Brien
at CLU
Page 6



Volleyball
beats
La Verne
Page 12

the Echo

September 30, 2009 Vol. 54 Number 2



Photo courtesy of Casey Kloehn - CLU Senior

Whistle while you work: CLU students landscape the area outside Mt. Clef Hall. Campus Beautification was one of 18 different service projects of service day on Saturday Sept. 26.

Service day draws 200 students

Vanessa Lara
Staff Writer

California Lutheran University students volunteered their time on Saturday, Sept. 26 to participate in CLU's annual Service Day. Almost 200 students took on 18 service projects throughout the community, according to CLU's Community Service Center (CSC).

Service Day is an annual event put on by the CSC for CLU students to volunteer with many organizations from the Ventura and Los Angeles Counties.

This year students participated in various projects including restoring the Ventura Harbor Wetlands, helping out at the Humane Society and the YMCA, decorating the Santa Barbara Zoo, various tasks with Habitat for Humanity, including landscaping the CLU campus and many other projects.

"It's really great for nonprofits and for other community members who are volunteering alongside students to get to see our students giving their free time," said Stine Odegard, coordinator for Community Service. "It's part of CLU's mission."

Service Day is part of the university's mission to "educate leaders for a global society who are strong

in character and judgment, confident in their identity and vocation and committed to service and justice."

Service Day is also part of the university's goal to complete 50 service projects in honor of the school's 50th anniversary.

Community service is something many CLU students take pride in doing.

"I signed up for Service Day because I'm thankful for the things I have," said freshmen Erika Medina, who volunteered at the YMCA. "I want to give back to the community."

Medina and freshman Maria Gomez along with other volunteers helped restore the YMCA's outdoor activities facilities.

"We did various tasks today. We helped clean up the facility and fix some broken games," Medina said.

The men used their muscles to wheelbarrow sandboxes and the women restored the steps for easy climbing.

Even though it was a warm, sunny day, CLU volunteers kept working hard on their projects and looked for more things they could help out on.

"Service Day puts CLU students out in the community to come together and make a difference,"

Odegard said.

"It's a fun way to spend Saturday afternoon, helping out a good cause and meeting new people along the way."

Before students headed to their destinations, they each received a free T-shirt and breakfast snacks.

Volunteers were then given the opportunity to meet the other people participating in their service group.

Medina's favorite part of Service Day was seeing that everyone could come together to get involved; even people who didn't know each other came together to help.

It's important that the CSC make it a fun experience because students are giving their time and energy and their weekend, Odegard said.

Senior Monica Madrigal has volunteered for Service Day before and says she likes it because it is fun and a good way to get involved.

"It was a long, hard-working day, but in the end it was all worth it, knowing that you helped others for a good cause," Madrigal said.

"It's important to reach out to the community and give back. There are only so many things we can do to help, and this is one of them."

CLU rocks go gold for the 50th

Lynn Chalassey
Staff Writer

It was 91 degrees outside as more than 75 CLU students trudged their way up a dirt trail to paint the rocks gold in honor of CLU's 50th anniversary.

Students of all classes began the hike up to the rocks on Wednesday, Sept. 23. Shirts were given out to the first 75 students to arrive at the Gilbert Center, gearing everyone up for a great afternoon. CLU pride was certainly in the air as students laughed and socialized with their friends about painting the rocks.

"Students are celebrating the 50th anniversary of CLU in various ways, and painting the rocks gold is an all-student kick off to Cal Lutheran's 50th," said Sally Lorentson, assistant director of Student Life.

An "all-student kick off" was exactly what it was for all of the students who painted the rocks. This special event gave everyone a chance to come together as one.

Buckets were handed out to every person who attended the activity and people quickly gathered with their friends to paint the rocks.

With endless amounts of bright golden paint, the CLU rocks began to change from white to gold. Everyone worked diligently to completely cover the rocks.

"I really wanted to show my

CLU pride, and by painting the rocks gold, I felt like I was doing my part in celebrating the 50th anniversary," sophomore Stephen Shirk said.

For many, this event brought back memories from freshman year's orientation of painting the rocks.

Many of the students were excited all over again to hike up the hill and paint the rocks once more.

With devious smiles across everyone's faces, one couldn't help but wonder if the rocks were going to be the only thing getting painted that day.

"This was a great way to get students involved on campus for the 50th anniversary," sophomore Kailynn Von Kronemann said.

"It's such a perfect hands on opportunity, especially when the paint starts flying."

As the majority of the rocks got painted gold, a shout was heard above all the students, "Paint fight!"

Soon, gold paint started to shoot across the enclosed area from every direction.

Students started running everywhere, painting not the rocks, but their friends and peers. Handprints of gold paint were slapped across people's backs, arms and legs even in some hair, but the students did not care; they were having a great time.

[See ROCKS, Page 3]



Photo by Laura Dale - Staff Photographer

Golden Students paint the CLU rocks gold in honor of the university's bicentennial anniversary.

NEWS

IN BRIEF

Power Outage

Last Wednesday, Southern California Edison had CLU shut off its power from approximately 3:15 p.m. to 6 p.m.

California Lutheran University participates in a program with Edison to operate on its own generator power when Southern California is in a power emergency.

An e-mail alert was sent to the CLU community by Ryan Van Ommeren, associate vice president Facility Operations and Planning at 3:05 p.m. that same day.

Guiberson Fire

On Tuesday, Sept. 22, a wildfire broke out in the Guiberson Road area near Fillmore, Calif.

According to Anna Bakalis and Kim Lamb Gregory of the Ventura County Star, the extreme heat and winds caused the fire to quickly travel south toward the city of Moorpark, burning over eight acres of land in the process and shutting down Highway 23. The blaze caused little damage to residential structures.

This was not the first time that residents of this area have seen their neighborhood threatened. A larger wildfire swept through their community in 2003 and the Shekell blaze struck just three years ago.

As firefighters began working to contain the flames, the Sheriff's Office of Emergency Services worked to figure out the cause of the fire. According to Jim McLain of the Ventura County Star, it was first speculated that the fire resulted from a pile of manure from a local ranch that spontaneously combusted. However, they are still trying to confirm.

As of press time, the fire is reported as 100 percent contained. According to state officials, the six-day fire burned a total of 17,500 acres, left 10 firefighters injured and cost \$9.8 million to fight.

Capt. Ron Oatman, of the Ventura County Fire Department, told the Ventura County Star that they are confident that the fire has been totally extinguished.

Swenson Center under construction



Image courtesy of Karin Grennan - Media Relations

LEEDing the way: The new Swenson Center for Academic Excellence will be the first building at CLU to be Leadership in Energy and Environmental Design (LEED) certified. Construction is underway with plans for opening in the 2010 academic year.

Hanna Halldorsdottir
Staff Writer

While changes are being made to CLU's master plan, the university moves forward with the building of the Swenson Center for Academic Excellence.

Only weeks after finishing the new residential hall, Trinity, California Lutheran University has started construction on its newest project, the Swenson Center.

According to William Rosser, dean of students, changes are being made to two major aspects of CLU's 1999 master plan.

In the 1999 master plan, a new performing arts center was to be built where the administration buildings are currently located, and the administration buildings were going to be moved to where Mt. Clef Stadium is currently located.

After further consideration, a decision was made to put the performing arts center where Mt. Clef Stadium is, and keep the administration buildings at their current location.

"We looked at everything and found that we need to move the performing arts center to Mt. Clef Stadium. Then we are not rebuilding buildings we already have," said Ryan Van Ommeren, associate vice president for Facility Operations and Planning. "We all like the location."

A decision was also made to place a new physical science facility where the E, F and G buildings currently stand.

"It's an ambitious agenda, but one that the university will fulfill just as it has always done," CLU President Chris Kimball said in a recent interview with the Ventura County Star.

The new Swenson Center will serve as a social and behavioral science building.

The center, named after donors Jim and Sue Swenson, will include 11 new classrooms, 44 offices, two computer labs, a psychology lab and the permanent office of The Echo.

The 33,000-square-foot building will be located on Faculty Street and is estimated to cost

\$8.5 million.

According to the CLU Web site, the Swenson Center will be financed by donations from the Swenson Family of Dana Point, Calif., Marv and Fran Soiland of Santa Rosa, Calif., the Ullman Family Foundation, Karen and Allan Spies of Denver, Colo., Kirsten and Karsten Lundring of Thousand Oaks, Jack and Carol Gilbert of Oxnard, Calif. and the estate of Eleanor and Paul Culver of Lake Sherwood, Calif.

The Swenson Center will be the first building at CLU to be LEED certified. The Leadership in Energy and Environmental Design (LEED) Green Building Rating System was developed by the U.S. Green Building Council to provide standards for environmentally sustainable construction.

"It is the responsible thing to do, it is vital to our planet," Rosser said on CLU's campus-wide initiative of going green.

"It is, of course, the first LEED certified building on campus, but also among the first in Thousand Oaks. So [CLU] will be taking a

leadership role within the city."

The Swenson Center is reported to use only natural ventilation and other methods besides air-conditioning to keep the building cool.

The entire building will consist of green building materials including the walls, windows and roof, which are designed to take advantage of natural light, providing most of the building's lighting.

A ground breaking ceremony for the Swenson Center was held on June 4, and construction has already begun.

"The building will positively affect CLU by converting the chicken coop offices and classrooms that were outdated and cramped into spacious offices and classrooms that will be conducive to learning at the university," said Karin Grennan, media relations manager.

A webcam has been set up to capture the construction. It can be accessed directly by going to www.callutheran.edu/construction/swenson_cam.

Admissions and Financial Aid to get new, larger offices



Photo by Doug Barnett - Photo Editor

Change ahead: The facilities building will be transformed into offices.

Alyssa Harris
Staff Writer

The renovation of the old facilities building has been recently approved by the Board of Regents.

The renovation will provide over 6,000 square feet of new office space for the Admissions and Financial Aid offices.

"The Board of Regents has just approved \$626,000 to transform the facilities building into the new Admissions and Financial Aid Building," said William

Rosser, vice president for Student Affairs and dean of students.

The funds for the renovation come from the year-end budget surplus of over \$1 million.

The existing Admissions and Financial Aid office has been struggling with the amount of space that they have available to perform admission interviews and to counsel students with their financial needs due to the increasing enrollment at CLU.

"I think right now the Admission facilities are inadequate

due to space and the quality of that space," Rosser said.

The move of the Admissions office will create a domino effect for other offices around campus.

"The move of the admissions office will allow a number of offices on campus to improve their office spaces, including the library, Student Support Services and CAAR," Rosser said.

Renovation of the old facilities building for the new Admissions and Financial Aid offices will begin soon.

CLU ranks in the top 20 in the West for 15th year

Jadyne Rodriguez
Staff Writer

CLU received high rankings in two different America's Best Colleges reports, published in August, from U.S. News & World Report magazine and Forbes.com.

According to the 2009 America's Best Colleges report conducted by Forbes.com, CLU is ranked as the 210th top university among 600 private and public U.S. universities.

U.S. News & World Report magazine listed California Lutheran University as 18th among universities in 15 Western states in the U.S.

There are different criteria that

are measured for each report. "One of the areas that contributes to our doing well is our faculty-to-student ratio," said Cathy Alexander, CLU institutional research officer.

Although both faculty and students are evaluated in the forming of the reports, Forbes.com and U.S. News each have their own set of measurements in how they calculate the rankings of each university, Alexander said.

One key difference in the two reports is that the reputation of a university accounts for a large portion of study in the U.S. News report, while Forbes.com does not use a school's reputation as part of its study.

Forbes.com, rather, concen-

trates on post-graduate employment success and student evaluations from Ratemyprofessor.com, Alexander said.

Despite the differences in the two reports, "we do really well in both rankings," the institutional research officer said.

Although the Forbes.com report is a relatively new study, CLU has consistently ranked in the top 20 of the U.S. News report for the past 15 years.

The recognition CLU has received, and is continuing to receive, helps to ensure pride in some of its students.

"I feel really proud to be a part of such a small school that's getting recognized for its strong academics," sophomore Caitlin

Skelly said.

Skelly said the ranking of CLU from reports like U.S. News and Forbes.com helped her learn more about the university and allowed her to get a better knowledge of the quality of education before she made her decision to attend CLU.

However, for other students, CLU's high ranking does not change their opinions.

While the reputation and publicity the university receives from such reports are affective, Yeraldy Torres, junior, feels that students must apply themselves.

"CLU is what you make of it. It has so many things to offer, and it all depends on how well the students take advantage of

the opportunities U.S. News noticed in order to rank CLU," Torres said.

Regardless, the high ranking in both reports is something that the university hopes to continue to excel in, Alexander said.

In an effort to increase ranking and quality in the future, she said that part of CLU's strategic planning goal includes working on recruitment, retention and graduation of students, which are all a part of the measures that are evaluated in the studies.

To learn more about the measurements each report evaluates and to view the complete list of the America's Best Colleges visit Forbes.com and Usnews.com.

Experts discuss current banking conditions in United States

First Corporate Leaders Breakfast held last Tuesday

Jesse Knutson
Staff Writer

The California unemployment rate is at 12.2 percent, which means many people are struggling to meet payment deadlines. With so much economic pressure, people are choosing to take out loans from their banks.

Loans can be a burden for many people, and many find themselves in a situation where they may not be able to make their payments to banks. This creates a dilemma where banks have to make decisions of whether to work with the client or make them pay up.

On Tuesday, Sept. 22, CLU put on the first event of the California

Lutheran University Corporate Leaders Breakfast Series.

Four bank presidents and CEOs discussed the condition of banking in the United States, and with their experience of the banking industry, dispensed knowledge of community and national banking.

The discussion included Jim Rondeau of KCLU, who moderated the event, George Leis of Pacific Capital Bancorp, Lynda Nahra of Community West Bank, Janet Garufis of Montecito Bank & Trust and John Nerland of California Oaks State Bank.

All of the banks are predominately located in Southern California and serve their communities.

Much of the discussion was comparing community banks to national banks. The speakers stressed the importance of community banking; the relationships that are formed are just not pos-

sible in national banks.

"Nothing substitutes for a community relationship; we hang with them through thick and thin," Leis said.

Agreeing, Garufis continued, "We are making loans to people we have known from the community - that is profoundly different than looking at credit scores. It's just not the way we do business. It's a time for community banks to be proud for staying in it for the long haul."

The panel described that community banks have the ability to work with someone for 25 years and see that their clients are good, hard working people.

This lets the bank know that when they give out a loan they can be assured it's a secure loan.

Although large national banks cannot form the relationship community banks make with their clients.

"There are some things national banks deal with that community banks can't handle," Leis said.

With so many large banks filling the industry, Rondeau asked panelists, "Are some banks too big to fail?"

Nerland quickly shot back in a joking manner, "If they're too big to fail, they're too hard to manage."

Other panelists were quick to give their opinion as well.

"We have 8,400 banks, 8,200 of which are community banks," Garufis said.

"Community banks are the cornerstones of banking. National

banks are wonderful, convenient on every corner, but they can't compete with the relationship that community banks form."

Nerland hopes the state of banking will soon improve.

"We hear from the Obama administration, 'Work with your clients, work with your clients.' The challenge on our side is finding the balance."

The next event in the Corporate Leaders Breakfast Series is on Entrepreneurial Bio Tech with Keith Leonard, president and CEO of Kythera Biopharmaceuticals.

The event will take place on Nov. 12 in Lundring Events Center. For more information about the Corporate Leaders Breakfast Series visit <http://www.callutheran.edu/clb>.

the Internet likes to gossip

use a Firewall
regulate who your computer chats with

Old tradition gets a golden makeover

[ROCKS, from Page 1]

"I was so relieved to see that this event had gotten such amazing attention. We had such a great turnout, and students are definitely enjoyed themselves," Lorentson said.

The painting of the rocks gold

was a huge success. This event was able to accomplish exactly what it set out to do; to show students of CLU that celebrating the 50th anniversary can be a fun and enjoyable experience.

"Painting the rocks again was just as much fun as when we did

it in freshman year," Von Krone-mann said.

"But this year was a bit different in the sense that we were able to revive and carry out an old tradition and incorporate it to Cal Lu's 50th anniversary. It was freshman orientation, but with a spin on it."

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CALENDAR

| | | |
|---|---|--|
| Wednesday Sept. 30 <ul style="list-style-type: none"> • The Need: Tommy & High Pilots 10 p.m. SUB • Real Justice Film Series: My Suicide (2008) 7 p.m. Lundring Events Center • The Tournees Festival: Tell No One (2008) 7 p.m. Preus-Brandt Forum | Thursday Oct. 1 <ul style="list-style-type: none"> • Interviewing for Offers Workshop 5:30 p.m. Roth Nelson Room • Michael A. Moffitt Memorial Presentation: Noah benShea 6 p.m. Lundring Events Center | Friday Oct. 2 <p>"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive." ~Howard Thurman</p> |
| Saturday Oct. 3 <ul style="list-style-type: none"> • Fall Food Drive 1 p.m. Mt. Clef Stadium • Chinese Moon Festival Celebration 7:30 p.m. Samuelson Chapel | Sunday Oct. 4 <ul style="list-style-type: none"> • Lord of Life Student Congregation 6:15 p.m. Samuelson Chapel | Monday Oct. 5 <ul style="list-style-type: none"> • On the Psychiatric Case Consultation: Ed Jesalva, M.D. 5 p.m. Roth Nelson Room • Biloxi Boomerang and Alternative Spring Break Trip Interest Meeting 9:15 p.m. SUB |
| Tuesday Oct. 6 <ul style="list-style-type: none"> • Proactive Job Search Workshop Noon Roth Nelson Room | Next Week Oct. 7-Oct. 13 <ul style="list-style-type: none"> • The Need: Robert Amey • Commuter Connection Lunch • The Tournees Festival: Un Secret (2007) • Impact Overnight • Ventura County Women's Forum on Economic Insecurity • Reel Justice Film Series: Amazing Grace | |



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FEATURES

A tiger is on the prowl at CLU

Lee Marshall, voice of Tony the Tiger, brings his knowledge of radio to CLU

Alexandra Butler
Staff Writer

ATTENTION STUDENTS:

Beware of the tiger roaming around campus.

This tiger can be spotted roaming near classrooms and has a voice that can be heard a mile away.

This tiger will not bite you; in

fact, CLU is encouraging you to approach him.

No, this tiger is not a jungle creature; he is an accomplished man by the name of Lee Marshall.

Marshall is best known for his voice-over work as "Tony the Tiger," the mascot for Kellogg's Frosted Flakes.

His experience in broadcast journalism is equally admirable and exciting. Now he is a communication professor at CLU.

Marshall's voice began to develop at a very young age.

"It was almost like I awakened one morning with a deep voice; it was just very obvious," Marshall said.

His deep, hypnotic voice, sparkling creativity and the

perfect splash of humor were his recipe for success on the radio.

Marshall's passion for radio was sparked by radio personality Wolfman Jack and old-time radio.

He grew up during the days when people used radio for their prime entertainment, with shows such as "Spider-Man," "The Lone Ranger" and "The Shadow."

Marshall wasted no time; he jumped into the world of radio at the young age of 14.

"I love the radio because it allows the listener to go on their own journey," Marshall said.

During his teenage years, he worked on an early morning radio show in Phoenix, Ariz.

This was his favorite job during his career because the station allowed the imaginations of radio hosts to run wild.

The job allowed hosts to be as spontaneous as they wanted.

For example, when the song "Ode

to Billy Joe" by Bobbie Gentry became popular, the show started a spoof sensation about the song.

The song's chorus repeats that Billy Joe McAllister jumped off the Tallahatchie bridge.

Marshall and his co-host created a phony reverend who wanted to tear down the Tallahatchie bridge due to suicides.

The radio station even urged listeners to come protest and see the bridge.

Even though the story of the bridge was fake, thousands of listeners showed up to the protest.

The radio show was able to connect and rally up an audience, he said.

"Radio was and still is magic that comes out the speakers," Marshall said.

After radio, his career blossomed into experience in commercials and radio.

Although he has played many roles, he said he was frustrated with how he has been "typecast" because of his profound voice.

For once he would like to be the quirky neighbor or "the guy who saves Scooby-Doo."

For a successful broadcaster who wears so many hats, it's hard to believe he finds the time to teach at CLU. However, this is not his first job as a professor.

He has taught at prestigious universities such as UCLA, USC, Arizona State and Harvard.

He said he teaches because "radio needs to be reinvented." Marshall believes that radio has become boring and bland because there is little or no attempt for creativity.



Photo Courtesy of Lee Marshall-CLU
Caricature: Lee Marshall with alter-ego, Tony the Tiger.

His class, Radio and News Broadcasting, teaches students how to bring their creativity to radio.

Luci Lapp, currently a senior who is aspiring to have a career in broadcasting, took the class because she felt she wanted to

gain experience in radio.

The class is small, and before meeting him none of his students really knew what to expect.

"My first impression was that he was incredible," Lapp said.

"The first time he talked I was in shock and thought 'it's Tony the Tiger!'"

This teacher certainly goes above and beyond for his students, she added.

"He's going to take us to real radio stations, and [he] wants us to have hands-on experience," Lapp said.

During class, students discuss and contrast different radio stations to figure out why they work.

Communication students are learning a lot from him, she said.

"I think the class is well put together; there could be so many opportunities that come from it, especially after graduation," Lapp said.

Even students who are not currently in his class, but know of the new teacher, have been inspired.

Current FOX intern and CLU communication student Nicole Flanary is one of them.

"Marshall's myriad of experiences will undoubtedly be an asset to the CLU community, and we should all adopt his attitude for life," Flanary said.

Marshall wants his students to become inspired and follow their own creativity.

"One student once said 'I want to be the next Matt Lauer,' and I responded, 'that's already been taken, you need to be the next you,'" Marshall said.

As he teaches, Marshall draws inspiration from his students. He hopes students "realize that they need to have fun in a career instead of finding a job."

"There will always be a place for creativity, imagination and intelligence," he said.

Take them and share them with the world."

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Gumby goes gold for 50th anniversary

Emily Peterson
Staff Writer

After 50 years, California Lutheran University celebrates its golden anniversary by reflecting on the countless changes to the campus and the continuous dedication from students, staff and faculty to higher education.

The changes that have occurred over the last 50 years are clearly evident to everyone, especially the faculty members who have witnessed the evolution firsthand.

"It hits home to see the dramatic display in *Connections Magazine* by showing how few buildings there were when California Lutheran University first opened," said Ryan Van Ommeren, associate vice president of Operations and Planning.

One of the most recent changes was to the "Enormous Luther" statue, more fondly referred to as "Gumby."

The Enormous Luther was a gift to the CLU community from the class of 1964.

According to a feature in the Fall 2007 issue of CLU Magazine, the idea for the statue was a collabora-

tion between Jim Gulbranson '64 and Sir Bernadus Weber, the university's first sculpture teacher.

The sculpture was not meant to be a literal interpretation of Martin Luther, but a symbol of his time and presence in Lutheran history.

Once the sculpture idea was presented to the members of the 1964 graduating class, it was decided that it would become their gift to CLU, and plans for its construction were tentatively set for the future.

However, it wasn't until 20 years later when class president Donald DeMars was asked for his help with the new library design that the plans were sent into motion. DeMars seized this opportunity to finally find a place for the statue.

DeMars' brother, who had studied under Weber while at CLU, was commissioned to bring the original idea to life.

The Enormous Luther was dedicated on Oct. 17, 1986, 22 years after the giving class had graduated.

DeMars was involved with the process the entire way, making sure the vision of his classmates was portrayed accurately.

"We were excited about DeMars'

involvement since he graduated from California Lutheran University in the class of 1964," said Mike Adams, publications director.

In honor of CLU's 50 years in education, the sculpture was painted gold, which cost about \$7,500 to paint and clean.

However, thanks to DeMars, that cost was cut in half. According to Karin Grennan, media relations manager for CLU, the money came from the 50-year anniversary budget, a fund that had been set aside for all of the year's celebrations.

While most students appreciate the golden makeover, others question the amount of money that was put into such a cosmetic project.

"I think it's nice to look at; however, I feel like they should have asked the student body if we thought it was a good idea and an appropriate use of funds," said Beth Peters, senate director of ASCLU-G.

After about two years, the plan is to remove the gold paint and restore the sculpture to its original glory by painting it the deep brown color, which gives the sculpture a leather-like look.



Photo by Zak Kieran - Staff Photographer

Golden Gumby: The Enormous Luther dons a shade of gold, instead of the usual dark brown, in honor of the university's anniversary.

Author and war vet connects with readers

Kendal Hurley
Staff Writer

Acclaimed author and Vietnam War veteran Tim O'Brien had more than just his latest novel to discuss with first year students on Sept. 24 in the Gilbert Arena.

O'Brien reminisced on the fear and loneliness he felt while fighting in Vietnam, but also talked about the impact that stories have on people and admitted most of his book is actually fiction despite what readers may initially think.

"The Things They Carried" is a story about conscience, memories and the ultimate reality of war, which is death," O'Brien said.

He recited a chapter from his book, entitled "Ambush," to the crowded arena. After finishing the gruesome chapter, told in first person, that depicted an American soldier killing an enemy soldier with a

hand grenade, O'Brien told the audience that the chapter was actually a figment of his own imagination.

In truth, while O'Brien was in Vietnam, there was one night at about 2 a.m. when his troop was awoken by their commander and led out into the night.

It was so dark they had to touch the soldier's back in front of them to keep from getting lost.

About 20 feet away, the men saw three enemy soldiers and started shooting and throwing grenades.

In the morning light, they saw that only one of the soldiers had been

killed.

"To this day I'll never know if it was a bullet from my gun that killed that man," O'Brien said.

The events in the book are dramatized so the reader can better understand the fear and horror that he felt and saw while he was fighting in Vietnam. The emotions in each chapter are what make them "real."

He also spoke of a letter he received from a 26-year-old woman who wanted to let him know his novel was able to fix a rocky relationship she had with her father. After she gave her father the book to read, he was able to open up about his own past in Vietnam.

"Stories have the power to heal," O'Brien said.

"As an author I feel like my books often go out into a black hole. When I receive letters, I remember they have an impact."

After surprising the audience by

admitting many of the war stories in his book are fictional, he rhetorically asked "why does it even matter if they're true or not?"

"I urge you as you enter a pretty important part of your life, to watch out for the truth," he said, speaking directly to first year students. "Be careful of the word truth."

O'Brien, who was against the war but ended up being drafted when he was 18, has written numerous other books besides "The Things They Carried," but this particular book is special to the CLU campus because it was assigned to be read by the entire freshman class.

"When I think of what attracted me to O'Brien's novel, I think back to my own childhood seeing Vietnam on TV," said Jim Bond, an English professor at CLU.

"His writing challenged my assumptions about the war."

Besides the freshman class being

in attendance at O'Brien's lecture, there were also professors, librarians, city officials and other interested students in the audience.

O'Brien stayed after his speech to give fans an opportunity to ask questions about his work.

"This was a great opportunity for the students at CLU to hear such an influential writer in our society," said Katie Stevenson, a sophomore and fan of O'Brien's.

The author ended the night by letting the audience know books do not contain everything that happened in the war or everything soldiers went through. His novel is meant to frustrate readers and to make them wonder if the events are real or not.

The words on the pages are not only meant to tell a story of the horrors of the war, but to reach into our own lives and the things each of us carry.

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The Fashion Plate: A well balanced serving each week

Heather Taylor
Staff Writer

It's a Mad World

As a recent viewer of AMC's hit series, *Mad Men*, I am well aware of the acclaim and awards the show has reaped over the last few Emmy award seasons. The dialogue and plot are both equally sharp, but I tune in every Sunday night for a different reason. I'm dying to know what the ladies and gents of Sterling Cooper Advertising are wearing. This is a show that has the rare power to combine both style with substance; a powerful duo indeed.

For the men we have the ubiquitous Don Draper, the ultimate man's man. Don remains cool and charismatic both in the office and outside of it, all the while enveloped in an air of mystery. His ensemble is hardly mysterious though, with a tailored gray suit and a crisp white shirt and tie. Though to get the Draper look, one doesn't have to wear a suit all day. It's all in the details. Whatever you wear, tailor it to fit your body measurements. The fit will be more comfortable and relaxed and give the wearer an air of confidence, which is always key.

Another helpful tip is to clean out the pockets to avoid unnecessary, lumpy bulges. Carry your cell phone separately and keep only a handful of necessary cards like driver's licenses and credit cards tucked in the pocket.

As for the ladies, if you prefer a more preppy look, Betty Draper is your best bet. Combine a full skirt with a pastel cardigan or a swing coat over a pair of slender pants. Always include elegant, but understated, jewelry that coordinates with your ensemble but remains in a neutral shade, classic pearls will do wonderfully.

Sterling Cooper wouldn't be the same without the white-hot Joan Holloway working there. Her ensembles are composed of fitted tops and pencil skirts, accessorized with an elegant brooch and accompanied by red lipstick. Wear bold distinctive shades like royal purple and emerald green. Joan is infamous for saying, "Your mother wears pattern prints, not you."

Claudia Kishi: Vice President

Oh my Lord. If you read that phrase and understood exactly what it meant, congratulations. You, like me and undoubtedly

countless others, spent your childhood reading the *Babysitter's Club* and about the various members who seemed to be in 8th grade for a good decade or so.

There were a few members who were known for their fashion sense like New York-sophisticated Stacey and California-casual Dawn, but none stood out in the way artsy Claudia did. Who else in grade school made me long for a pair of bright yellow push-down socks, a skirt covered with pink and blue sketches of famous city buildings and bracelets made of telephone cords?

Luckily for us, Kim Hutt at whatclaudiawore.blogspot.com has brought back all of the BSC nostalgia full-circle. A gifted hand at writing and even sharper at snarking on said outfits, Hutt's blog is devoted to the many trendy and creative clothing choices that Miss Kishi donned back in the day. Be on the lookout for the infamous Miss Frizzle inspired "sea" outfit and the ever-popular Pebbles barrette. It's quite dibbly. If you just read that word and still understand what I'm talking about, you need to hit up Hutt's site ASAP.

CAMPUS QUOTES

What is your guilty pleasure?

"Listening to the Spice Girls."

Senior
Sophia Naranjo



"I eat my roommate's M&M's."



Sophomore
Loren Sallen

"Watching really bad Disney Channel TV shows."



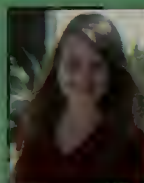
Sophomore
Bianca Santos

"Ice cream!"



Senior
Brisi Favela

"Going to way too many concerts."



Senior
Amanda Lovett

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OPINION

Students learn to stretch their dollars



Caitlin
Coomber

What could you buy with \$160,000? A Lamborghini? A townhouse in the suburbs? How about four years at California Lutheran University?

As the economy continues to take a turn for the worse, college tuition prices are increasing faster than inflation, and students are turning out their empty pockets.

Between paying for tuition, housing, food and textbooks, the number of "poor college students" has become ubiquitous on campuses across the nation.

So how much does it really cost to be a student at CLU?

I did a little digging and created my own informal survey to find out. I randomly surveyed 15 students about their weekly spending habits and yearlong costs.

Here's how it all breaks down: ~The majority of the students spend about \$100 a month on food, clothing and outings. (This is assuming the student has a meal plan.)

~Grocery prices for upperclassmen with kitchens range greatly, from about \$200 to \$400 or more a month.

~Those with cars here on campus spend about \$60 on gas a month.

~Cell phone bills average around \$50 a month, but most parents foot the bill on this one, fortunately.

~Textbook costs varied. Most CLU students claimed to have spent around \$300 for the

current semester.

However, this varied greatly depending on major, with biology and other science majors spending over \$500 on average.

Of course, this is all in addition to the \$28,980 tuition bill.

And let's not forget the room, board and student fees that can cost an additional \$10,000 a year, according to the school's Web site.

Scholarships, grants, loans

In the midst of parental layoffs, a sour economy and little spending money what's a college kid to do?

and jobs can all provide very substantial financial aid, especially with the generous

awards given at CLU.

However, sometimes even with such help, students are finding it increasingly difficult to make ends meet.

In the midst of parental layoffs, a sour economy and little spending money, what's a college kid to do?

I walked around the Centrum the other day, asking students about the sneaky ways they were saving money this semester.

The most surprising answer? Don't buy textbooks.

A sophomore at CLU who wishes to remain anonymous said he or she has not bought books for the past two semesters and has not gotten any grade less than a "B."

Now I am not, by any stretch of the mind, advocating such an idea.

I am merely commenting on the ways students are getting by

on an already tight budget.

Another alternative? Split the cost and share textbooks with a friend.

Other students are choosing to spend weekends and nights in, avoiding partying or expensive outings.

"A quiet night in might be less expensive than a wild night out," sophomore Evan Sandlin said.

Stay away from the mall.

"When I go to the mall, I end up buying stuff I don't need. I try to write a list of what I actually need and stick to that list," sophomore Jennifer Chun said.

Avoiding temptation and not going shopping altogether just might be your easiest way to save big.

Stretch your dollar and think closely about that next purchase. After all, every dollar you save is a step closer to buying that Lamborghini.

CLU is seeing green



McKenzie
Becker

CLU is finding ways to go green and students are taking notice.

Public universities are often struggling to keep their campuses environmentally clean. California Lutheran University is already a step ahead and going green.

Students and faculty here at CLU have taken notice of the school's new eco-friendly living.

Head over to the Centrum and you are offered biodegradable cardboard food containers and recyclable utensils and cups.

Sodexo, CLU's food service vendor, is also making an effort to offer organically grown food.

Walk into the library and you will find they are now only printing paper off the research computers.

When it comes to the library's effort to conserve paper, some students think it is more of an

inconvenience than a beneficial change to the university.

"I think it just makes people have to go somewhere else to print if those computers are full," sophomore Allison Mehnert said.

Another student agrees with the eco-friendly changes.

"I only mind it when all the computers are full to print," sophomore Matt Hirsch said.

What may very well be one of the boldest moves toward going green, the university's newest classroom building, taking the place of the old tennis courts, will be completely green.

The new Swenson Center's lobby will be cooled using natural ventilation rather than air conditioning while standard light bulbs have been replaced by fluorescent ones.

While some students have a deep concern for the environment and notice the changes, there are others who do not notice any green changes to the university.

"I think some of the more environmentally conscious students

would really notice it and support it," senior Josh Larson said.

"I would have to say the majority of students would not know or even care that the school uses those things."

Trinity Hall has parking lots with a permeable paving system that removes contaminants from storm water before they reach the waterways.

"I like it because it doesn't interfere with my life while keeping the planet healthy," junior Kevin Bumb said.

Overall, I think the campus has benefited from the university's choice to go green and now live in a healthier atmosphere.

"I think that most students at CLU strive to be environmentally friendly, and all the new changes the school has made to make it more green are wonderful," sophomore Christina Banman said.

"I fully back the school with its attempts to become a greener campus. It is important that we try in all the ways that we can to help our planet."

Is gay the new black?



Robert
Amey

Unsure of when it premiered, I found myself watching the Tyra Banks Show via Youtube.com.

The show attempted to examine and discuss the comparisons between the gay and African-American fight for equality.

A new phrase was used: "gay is the new black."

I began to wonder, why is there such a disconnection with blacks when sexuality is discussed?

Why is there a defensive response that's driven by religious quotes heard from the church?

The black church has always served as forefront fighters for civil rights since its origin, but when it comes to the betterment of same sex civil rights, it's simply taboo.

Blacks have always been known to have liberal views, but when it comes to the recognizing and supporting of gays and lesbians, many submit to an intolerable role.

Why is there a disconnection with homosexuality and the black church?

In the black culture homosexuality is viewed as a "white thing." What is a "white thing?"

I'll be sure to let you know when I find out.

Gay is something that is said not to be a part of the culture; it is a lifestyle that has been imbedded by white culture. Apparently, the white

community and church is more accepting of lesbians, gays, transgenders and same sex marriage.

Blacks only see images and representations from the gay, white community, so they don't feel like it involves them.

Some blacks argue that same sex marriage would further weaken the traditional family values essential to preserving society.

Once again, black churches are asserting a value that is not prevalent in the black community.

According to the Web site Singleblackparents.com, 64 percent of black households are headed by a single parent which doesn't fit the traditional family value.

Often, teachers of the church hand pick specific passages to justify their personal opinions and notions.

The most widely used evidence to condemn homosexuality in the Bible is Leviticus.

Although the Bible was written hundreds of years ago we all know someone or have seen someone use it as a loaded pistol.

A similar circumstance was seen in the 2008 California elections to outlaw same sex marriages.

The majority of black churches are made up of women. Women are said to be more accepting of change while men are more likely to follow the patriarchy of the Bible.

If this is true, the black church would be advocates for same sex marriages.

Just as Tyra left me with unanswered questions, I'll leave you with one: if gay is the new black, black is the new what?

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Cliques confronted on CLU campus



Anna Meyer

Here at CLU, there is a common saying that 10 percent of the student body does 90 percent of the work.

I think this is more of a reality than a saying. There is an exclusive nature that has developed into an environment defined by cliques.

I didn't really believe it until this year when I decided to get involved on campus. In doing so I realized there was a reason why I had avoided getting involved.

I had been scared to death of

the people involved on campus, and I soon found out that I wasn't alone.

After reading a survey that the Office of Campus ministry had done last spring regarding students' opinions of events, a majority of people said that members of Lord of Life were not welcoming and the environment was not accepting of newcomers. Students said that they stopped coming to services because they felt excluded.

This is a problem that affects more than one organization.

The Resident Assistants, Peer Advisors, athletic teams and clubs have created the same environment.

The leaders and athletes on campus arrive weeks before you have even packed for school.

While they are here, they are developing a community, a very small and tightly knit community. I do believe it is important for

It is so much easier to stick with what you know then to reach out and welcome someone new.

these leaders to bond and for teams to become one unit, but is it worth it at the expense of the other students on campus?

How can a student "actively participate" if every time they enter the building they feel judged and excluded?

"The people who do everything

just give off this vibe that makes you feel stupid and like your opinion doesn't matter; it feels like they're judging you," a CLU student said who wished to remain anonymous.

I think this is a problem for CLU students.

We create a separated student body everyday. I do it myself. It is so much easier to stick with what you know than to reach out and welcome someone new.

The greater problem is there is no way to escape this.

The same students run everything. You will see the same students on ASCLU-G, at Common Ground, as your RAs or running a club you are interested in. CLU has created an environment where there is a very small minority of people who

run all of the student activities on campus.

It is wonderful that we have a group of people who are so dedicated to making CLU a place with a variety of events.

"The problem on this campus is that everyone feels defined by what they do," junior Katie Bode said.

"Once you realize that a person is more than an RA, ASCLU-G representative or club president, then you'll realize that a person is more than what they do and will be able to talk about other things and have a life outside of that; it won't encompass their whole life."

This is a problem that we as a student body can fix. Challenge yourself to step out of the boundaries that the socialites of CLU have created.

'Sexting' is a sex thing



Linsey Mead

So here is the latest on the text messaging front: sexting. What is it?

I recently heard this word after listening to a presentation by CLU's own Dr. Adina Nack.

She mentioned that it is the latest craze in texting, mostly among junior high and high school kids.

It essentially consists of phone sex via text messaging.

According to Dr. Nack's presentation, it is when you send suggestive and possibly naked pictures of yourself to your girlfriend or boyfriend.

Young teens have been very creative with this new fad. First of all every kid these days has a cell phone.

Age is no longer a factor when it comes to receiving a cell phone.

I personally didn't get a phone until ninth grade, but I guess second grade is the new ninth.

Never mind, the latest in phone technology includes features such as video messages, text messages, picture messages and even voice messages young teens have substantial access to sexting.

However, here is the kicker.

If any of these middle school and high school kids get caught sexting, they can be charged with child pornography and considered a sex offender.

Imagine being 15 years old and having that title; that's something that will definitely hurt you in the long run.

The National Campaign to Support Teen and Unplanned Pregnancy conducted a nationwide survey.

Results show about 20 percent of teens are sexting,

which works out to be about every 1 in 5.

If you think about it, that is a fairly significant group of adolescents.

However, I have to say the statistic doesn't really shock me.

If you were to google sexting, not only would you see several definitions, but also multiple charges already made against the offense.

If any of these middle school and high school kids get caught sexting, they can be charged with child pornography...

There are teens all across the country who are getting caught and are facing the possibility of child pornography charges.

For most of these teens, sexting probably starts out as something exciting and a little dangerous, nothing that could possibly lead to jail time.

Honestly, I think those are pretty serious charges that aren't quite fitting for the crime.

I'm sure there are teens who also get caught doing other suggestive acts but don't face criminal charges.

Even though I think these kids shouldn't be doing this, I don't think the problem will be solved by putting a bunch of teens in jail.

Because this is a new issue, schools, officials and parents are struggling to find a solution to sexting.

Perhaps stricter cell phone policies at schools could result in automatic suspension.

Whatever the solution may be, I'm sure once they have this problem solved a new craze will make its way into teenage culture.

Just remember: Think before you sext.

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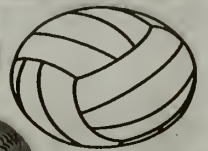
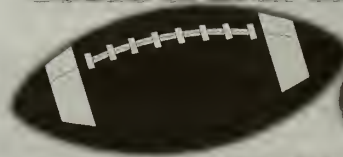
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SPORTS

Regals take down Leopards to top SCIAC

SCIAC rivals
bested for first
time since 2006

Brandon Kennedy
Staff Writer

For the first time in two seasons and 30 straight victories, the Cal Lutheran Regals handed the University of La Verne's Leopards their first conference loss in their own gym.

The Regals out-dug their opponents 91 to 60, led by senior libero Jenna Meligan with 18, and four other players recorded double-digit dig totals in the four-game match.

Freshman Rachel Smith led the team in aces, serving up three of the team's six of the night while fellow freshman Jackie Russell set up 48 assists for her hitters.

La Verne ended the Regals' season last year in the NCAA West Regional Championship, and the last time Cal Lutheran bested the Leopards was in 2006 en route to the NCAA Division III tournament where they made the Elite Eight.

The Cal Lutheran women's volleyball team played an impressive and dominating game last Friday night, as the Whit-

tier Poets rolled onto the CLU campus hoping to snap a losing streak to the Regals that stood at 10 matches.

The Regals had beaten the Poets 3-0 in their last nine meetings going into the game. After a fairly easy victory over the Poets, the Regals extended that winning streak to 11 matches and 10 consecutive sweeps.

While the Regals played a solid game against Whittier, they still have room for improvement according to Kellee Roessel, the coach of the women's volleyball team.

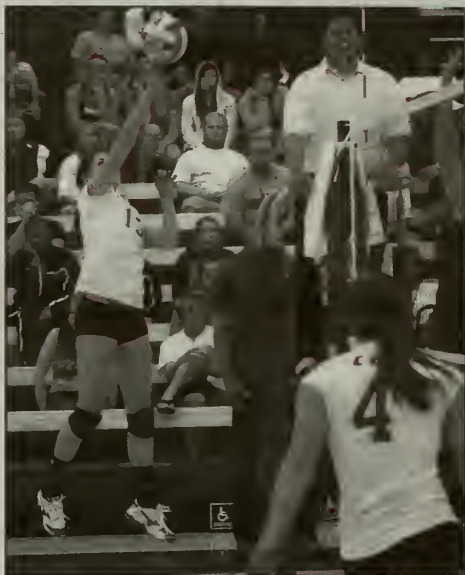
Roessel stressed that the team must focus on receiving serves better, as well as improving on their own serving. Roessel also mentioned that the players need to stay loose during the games.

The girls appeared to be taking their coach's advice, dancing to the music during timeouts and between games.

Those improvements aside, Roessel feels confident in her players for the upcoming games.

"My kids are really ready," she said.

Freshman setter Russell had another impressive game racking up 33 assists, which is 12 more than Whittier's setter Vanessa Amran managed. As of Friday, Russell has averaged



Fresh talent: Freshman Rachel Smith led the Regals in kills at La Verne.
Photo by Nick Gilliam - Staff Photographer

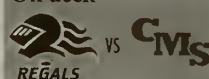
41 assists per match in her last three starts, including a 48-assist effort against Chapman.

When asked what she thought they did that helped in the win against Whittier she said they

trusted each other, which is something that may not always be seen by the spectators, but comes with lots of practice and hard work in the off season.

Russell also felt that they came

On deck



Cal Lutheran
at Claremont-Mudd-Scripps
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out very aggressive, which was evident in the 3-0 sweep of the Poets.

Junior outside hitter Megan Thorpe led the Regals in kills with 13. Thorpe has led the team in kills for the last two games with 15 in each game. She also ranks third on the team in kills per set at 2.26.

One of the things Thorpe felt the team did well was to stay together and score runs of points especially in the third set when the Regals beat the Poets 25-14 to end the match.

"It's always good to take down a SCIAC team," Thorpe said.

She also mentioned that their goal is to go undefeated in SCIAC play.

Earlier last week the Regals defeated Redlands three sets to one. The team are 6-0 in home matches this season as of Sept. 25.

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Women's soccer on path to championship

Sara Grimes
Staff Writer

CLU women's soccer took two wins last week, proving these girls are in it to win it.

With a 5-1 record, California Lutheran University's women's soccer team entered conference play Saturday against Whittier, and this very determined group of girls showed just how great a run it is going to be.

Taking the win over Occidental in Wednesday's game after being down within the first minutes, the girls showed their never-ending hard work and determination.

"One of my expectations for the team is to compete for a conference championship. In order for that to happen, we will need to consistently perform at a high level throughout the season. Our long term goal for this season is to make the playoffs. Then we will set new goals," assistant coach Josh Parker said.

Five minutes into last Wednesday's game, Occidental took the lead against CLU, causing the Regals to step it up another level to defend their winning streak.

"After Oxy made it across our defense, we really had to pick

it up and play to our abilities, score and win the game," junior defender Alyssa Harris said.

Junior forward Brittany Clark helped even out the score against Occidental by making a goal half way into the first half, setting the score at 1-1.

Then later in the game sophomore Rebekah Casas shot from above the 18 and hit the upper left corner of the goal, giving CLU the 2-1 lead and a big conference victory.

"I love the fact that we were able to work together and come back from a 0-1 lead by Occidental and end up with a 2-1 victory.

It just shows the amount of dedication this team has," Clark said.

Despite coming back to win, senior outside midfielder Kelsey Sullivan knows they have more to work on.

"I am really proud of how, even after we were scored on first, less than five minutes into the game, we found a way to dig deep and make our opportunities count," Sullivan said.

"As far as Saturday, we need to work on coming out faster and not allow an early goal and continue to finish our opportunities."

And they did just that, ending the Saturday, Sept. 26, game against Whittier 3-0.

It seems that they have set their minds on a goal and are going for it.

"I feel that our team's hard work and this year's team bonding has become a priority that I feel is reflected in our success this season," Sullivan said.

Conference play will be exciting to say the least.

Mayra Virgen, Aubrie Smith and Megan Henrich all added goals to their fifth shut out of the season.

"Hopefully we can continue to play well, build upon each game and improve with each game," head coach Frank Marino said.

Ending last week's games with a 6-1 record, the Regals are preparing to continue their winning streak with next week's games.

Today CLU will bring the game back home, hosting its second match of the season against Redlands.

The teams are both 2-1 in SCIAC play behind the 4-0 Athenas of Claremont-Mudd-Scripps so a win today will be key for CLU in keeping up with them.

McDermott scoring good grades as well as big goals

Team captain excels in both aspects of the student athlete

Allie Mansfield
Staff Writer

As the Kingsmen soccer team of California Lutheran University prepare to have a winning 2009 season, senior forward Ryan McDermott has a more than just the thought of playing well on his mind.

After being named All-SCIAC Second Team honors and leading the team with 11 goals (three of which were game winners) and being named a CLU male athlete of the week last year, McDermott has a lot to live up to.

"It's humbling to hear those statistics that follow my name, but I worked really hard for it. I don't think I am actually as talented as most of the people on the team. I just work hard," McDermott said.

Along with excelling on the field for the Kingsmen soccer team, McDermott is an excellent student in the class room. As graduation draws near, McDermott is excited to be moving on to the next chapter of life.

"That's the million dollar question," McDermott said of his future goals. "I love music; I want to be around it the rest of my life. I hope to do something in production and work in the business aspects of music."

Like most student athletes on the CLU campus, life can become somewhat of a balancing act.



Photo by Kevin Baxter - Sports Information

Go-to guy: Ryan McDermott has scored six goals though eight games this season.

"Balancing out the two can be tough. I don't really get to practice my music as much as I would like and likewise for soccer. It always leaves you wishing for more time in the day," McDermott said.

Coach Dan Kuntz, who has been coaching the Kingsmen for 17 years,

with a record of 183-117-15 at CLU, understands the hard work that goes into being a student athlete.

"Ryan is insightful and thinks carefully about all aspects of the game and his education. He is talented in many things, but two areas I know he excels the most are

athletics and music. These reflect on him as a top student athlete," Kuntz said.

Long-time friend and fellow Kingsmen soccer player, senior defender John Barley understands how difficult the balancing act can be, as both a player and music

major.

"I want to see him succeed in all aspects of life," Barley said. He is a great guy and a good friend."

As the team's captain and starting forward, McDermott is a key player for the Kingsmen.

"Ryan is an exciting player, he makes goals happen. He works as hard as or harder than any other player on the team during games and in the off-season and he is committed to be the best he can," Kuntz said.

McDermott's commitment is evident as he has progressed from the backup goalkeeper to starting forward.

"Since we have known each other for a while, we know what the other is thinking," Barley said of playing alongside McDermott. "Our friendship is something similar to brothers; we have played baseball, soccer and basketball together. So we have gotten used to each other," Barley said.

Having played with the Kingsmen for the last three years, McDermott has grown to know and appreciate his fellow players both on and off the field. "Over the last two weeks we have become closer and closer, we have become more cohesive as a team, and we are looking pretty solid," McDermott said.

As the Kingsmen season progresses, McDermott has one goal in mind that he wishes to accomplish this year.

"In all three of my seasons here at CLU, we have never beaten Redlands," McDermott said. "Last year we pulled out a tie, but this year I want two wins."

Kingsmen look to bounce back from historical loss

On deck

Cal Lutheran at Redlands, Calif.
Today 7 p.m.

Andrew Parrone
Staff Writer

After a dominating win over Occidental College last Wednesday, the Cal Lutheran men's soccer team lost a heart-breaker to Whittier College this past Saturday.

The Kingsmen (3-5-0 overall, 2-2-0 in SCIAC) beat the Tigers 3-0 in a match where they were never truly threatened. The loss to the Poets came down to the wire, but the Kingsmen were unable to score an equalizer in the final moments and lost 5-4. The Kingsmen had not lost to Whittier since 2002 and had out-scored them by a margin of 80-4 over their previous 20 matches.

Against Occidental, the Kingsmen went on the offensive early and scored all three goals by the 31st minute. Freshman Raul Yepez scored the first two goals, while senior Connor Pearce connected on the third and final goal with an assist from fellow senior Brad Hen-

drickson. The defense did their part to stop the Tigers, and senior keeper Chris Capellini recorded his second shutout of the season.

"The key to the win over Occidental was all the fitness we've been working on in practice, along with connecting the ball well on the ground," senior John Barley said. "We worked well as a team in general."

The match against Whittier was a completely different story. The Kingsmen allowed two early goals and had to play catch-up the whole first half. Two consecutive goals by senior Ryan McDermott tied the score just after halftime, giving him six for the season.

Yepez scored his seventh goal of the season to take a 3-2 lead, but the Poets scored two more of their own to take the lead back. Freshmen Ross Taira-Kuehu tied the game 4-4 on a free kick in the 77th minute, but Whittier answered back with the game-winner just over two minutes later. Barley blasted a long shot in the final moments, but it hit the cross-bar and McDermott was unable to get a good touch on the rebound.

"Two early errors in the Whittier match ended up costing us two goals," head coach Dan Kuntz said. "The first mistake was just a misstep that allowed them to get a good shot off. The second one was a lack of pressure on the ball that allowed a shot at the back post — a shot that if we had a healthy keeper probably would not have gone in."

According to Barley, consistency would have helped produce a better end result.

"In today's game we came out slowly but picked up the slack," he said. "We needed to work on not settling down too much once we finally gained the lead."

Kuntz expects his team to respond from the disappointment of the loss, and

play consistently and technically during their next few games. This is important because he believes the conference has become more competitive, and there are no pushover teams left on the schedule.

The away game against Redlands figures to be especially tough. Though the 2008 SCIAC champions have struggled to a degree this season, their past success

always makes them a dangerous team, especially now that their backs are up against the wall.

"Everyone was upset by the loss to Whittier," junior Ryan Dosh said. "But we understand it's early in the season and will just have to continue to work hard in practice because Wednesday we play one of our biggest rivals in Redlands."



Photo by Nick Gilliam - Staff Photographer

Strong start: Freshman Raul Yepez leads the Kingsmen in goals this year with seven.

Cal Lutheran's star has playoff hopes in 2009

Rachael Hubbard
Staff Writer

Being named All-SCIAC Second Team selection two years in a row and already scoring 20 goals in her CLU career, junior forward Brittany Clark has become one of the top athletes to watch in the SCIAC conference.

Before becoming a Regal, Clark graduated from William S. Hart High School in Newhall, Calif., in 2007. There she made the Foothill All-League Second Team in 2006-2007 and All-League First Team in 2005-2006. She helped the Indians become Foothill League Champions in 2005-2006 and 2006-2007.

In her first year as a Regal, Clark had four assists and eight goals, two of which were game winners and was named CLU Female Athlete of the Week (Oct. 6-12). Last year, she scored six goals with three game winners and was named CLU Female Athlete of the Week twice (Sept. 10-16 and Oct. 2-8).

On Sept. 6, the Regals played the University of the Ozarks in Memphis, Tenn., and outscored the Lady Eagles 9-0. In this match, freshman forward Mayra Virgen recorded a hat trick, junior forward Aubrie Smith and freshman midfielder Kaytee Kirk each made a goal and Clark scored an impressive four goals on opponent goalkeeper Lori Langman. The 9-0 score equaled the Regals' highest offensive output since 2005.

"Brittany can be very dangerous one versus one and score on other teams at any moment," head coach Frank Marino said.

Of all her goals and impressive play, Marino was able to single out his favorite from his star forward.

"Last year, Brittany scored a great game-winning goal against Occi-



Shining star: Junior Brittany Clark will try to lead the Regals back into the NCAA playoffs this season.

Photo by Doug Barnett - Photo Editor

dental to help us beat them 1-0 at home," he said.

Even though Clark is the leading scorer for the Regals with six goals in seven games, she believes there is always room for improvement.

"One of my main goals for myself is to work on my defense. The best forwards are those who can not only score but play defense just as well," Clark said.

One of Clark's most memorable moments as a Regal so far was during her freshman year. The top four teams in the league went to play in the SCIAC Tournament Final. The Regals played Occidental at its own field and just made it by securing the fourth-place spot.

"We were the underdogs of the tournament and ended up beating the top teams, which included

this final win against Occidental. The game came down to penalty kicks, which is always an intimidating situation. After we won, it was such a great feeling knowing we accomplished something great and were headed to the NCAA playoffs," Clark said.

None of the coaching staff has any doubt that Clark can improve on her already impressive skill set and

become one of the most talented in the SCIAC conference.

"Clark is a skillful dribbler with a knack for scoring goals. If she continues to work hard, she has the potential to be one of the top players in the conference," assistant coach Josh Parker said. "She is a goal scorer with experience in big games. I don't think you have seen the best from her yet."

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Broadcasters bring CLU sports home

Greg Gelber
Staff Writer

You see them at CLU home sporting events: announcers lined up, cameras ready, bringing our sports to life on the Internet.

Who are they exactly?

It's KADYTV, an Internet sports broadcasting company, streaming local sporting events for all to see through their Web site, kadytv.com.

Bob Griffin, executive producer, describes KADYTV as a pure "new media" that is more cost effective in this time of economic turmoil.

"KADYTV uses lower cost technology and smaller resource pools to bring good news such as local prep sports, music events and public ceremonies to the world," Griffin said.

KADYTV has expanded over the last year, bringing many different types of events to people through the Internet.

KADYTV concentrated mostly on Cal Lutheran and Oaks Christian High School sporting events last year.

Since then, they have moved on to broadcast more high school sports and local events all around Ventura County.

Griffin feels that traditional media and independent broadcast television aren't as versatile as the Internet can be.

"Broadcast TV has not been able to expand in the same way Internet TV can," he said.

By using modern web technology, KADYTV is able to broadcast events in Ventura County without having to pay the high overhead expenses that other media outlets have to pay.

Major broadcasting companies such as FOX, CBS and ABC have dealt with major problems because of the economy, so Internet television is a new outlet for broadcasting.

KADYTV's Web site allows people to watch sporting events throughout Ventura County at any time a person desires.

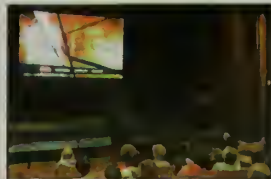
An individual can go on the Web site and watch a live sporting event, or they can choose to watch previously recorded events at any time.

Josh Larsen, a senior pitcher for Cal Lutheran baseball team, enjoys watching recorded versions of his games on KADYTV's Web site.

"It's nice to come home after a game and be able to watch my performance, being able to see if there are any changes I need to make on the mound," he said.

As Larsen describes, KADYTV not only has benefits for fans; but it also has benefits for the actual players.

KADYTV is only beginning to explore the boundless possibilities of web broadcasting that will only increase as technology does, Griffin said.



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the Echo

October 7, 2009 Vol. 54 Number 3

Iranian missile test heightens global concerns

Jesse Knutson
Staff Writer

Iran tested two types of short-range missiles last Monday in part of what Iran called a routine military exercise. The missiles have reported ranges of about 100 miles.

Along with the short-range missile testing, Tehran reported it would test a long-range Shahab-3 missile, believed to be capable of reaching Israel.

The launch came just days before a key meeting with Western leaders. Countries, such as France, condemned Iran for the launches a week after revealing the existence of a covert uranium enrichment site.

Following a report from the International Atomic Energy Agency (IAEA) stating that Iran now has "sufficient information" to build a nuclear weapon, Republicans and Democrats pushed for action against Tehran.

"The Iranians will have a nuclear weapon if something doesn't change their minds. We need tough sanctions. We need to do them now," Democratic Sen. Evan Bayh told Fox News.

According to Martha Raddatz of ABC News, sanctions suggested by Congress would be applied to the world community and would be enforced by the United Nations.

"The big challenge for the U.S. is to get the world to buy into sanction policies suggested," said Dr. Marichal of the California Lutheran University Political Science department.

Most of Europe is already on

board with the sanctions so the real challenge will be to get China and Russia to agree, he said.

"The questions you have to ask are: Will the sanctions work? Could you get the international community behind it?" Marichal said.

With the United States already fighting wars abroad and with financial difficulty domestically, Marichal thinks it may be hard for the U.S. to get involved in Iran.

"The United States just doesn't have the resources," Marichal said.

Before the U.S. invasion of Iraq, the United States established that it had weapons of mass destruction. In that sense, this situation is very similar.

The biggest concern Marichal sees is the fact that the missile Tehran has reported they are planning on testing has the capability of reaching Israel.

With so much tension in the Middle East, this could start a large conflict that could lead to war.

Iranian leaders claim that they are developing a nuclear program specifically for energy and not for weapons of mass destruction.

After President Obama's accusation that Iran had sought to hide construction of a nuclear site, Iran's President Mahmoud Ahmedinejad shot back saying that Tehran reported the facility to the United Nations even earlier than required by U.N. sanctions.

Mohamed ElBaradei of the U.N.'s nuclear monitoring agency arrived in Tehran Saturday to inspect the uranium enrichment facility near the holy city of Qom.



Photo Courtesy of SHAIEGAN/AFP/Getty Images

Rising tensions: An Iranian long-range Shahab-3 missile is fired in desert terrain at an unspecified location in Iran on Sept. 28, 2009. Iran test-fired the Shahab-3 missile, which Tehran says could hit targets in Israel.

ElBaradei believes that Iran should have revealed its plans as soon as it decided to build the facility.

President Ahmadinejad said in a speech Saturday that Iran revealed the plans of the facility to the IAEA in a letter on Sept. 21.

He also said that the government reported the facility one year earlier than necessary under the agency's rules.

"The U.S. president made a big and historical mistake," Iranian state TV quoted Ahmadinejad as saying. "Later it became clear that

[his] information was wrong and that we had no secrecy."

As of Sunday, the Obama administration had no comment on Ahmadinejad's remarks, according to White House spokesman Tom Vietor.

Under IAEA safeguard rules, a member nation is required to inform the U.N. agency about existence of a nuclear facility six months before introducing nuclear material into its machines.

Iran claims the new facility won't be operational for 18 months and

therefore has not violated any requirements.

With all of these sanctions, the world still knows that it is impossible to stop countries from developing nuclear weapons.

"It's like trying to put a lid on something that's already out there," Marichal said.

"Is the world going to end tomorrow? No – it is one in a list of many serious issues that could affect individuals well-being. Nuclear control can have a lasting effect on our species."

Invisible Children puts spotlight on young warriors



Photo Courtesy of Invisible Children

Hope: Villagers show their hopefulness in ending the longest lasting war in Uganda.

Alyssa Harris
Staff Writer

What if you had the power to stop a war that has affected millions and give peace to a nation's youth who has been robbed of their childhood?

Invisible Children takes aim through its camera lens to inform and empower people to take action.

The war in Uganda, Africa has lasted 23 years and has destroyed the lives of its people. It has caused civil unrest and has struck fear in all of its nation's people.

According to the Invisible Children's Web site, the war

began when Alice Lakwena decided that God had told her to overthrow the Ugandan government in the 1890s.

She formed a group called the Holy Spirit Movement and gained followers.

Lakwena was eventually exiled for her actions against the government and her cousin, Joseph Kony, came to power.

Kony then changed the group to the LRA (Lord's Resistance Army), and because he didn't accumulate many followers he decided to abduct children and manipulate them into becoming soldiers in his army.

Today, 90 percent of the LRA is composed of abducted child

soldiers. These children have no means of escape, and the people of the Ugandan nation will not find peace until this war ends.

Last week the Invisible Children non-profit organization came to the campus of California Lutheran University and showed, "The Rescue."

This film captures the tragedies that are taking place in Uganda because of the LRA and offers ways of helping the situation.

"The Rescue" is a sequel to the original "Invisible Children: Rough Cut," which was filmed by three Southern Californians who decided they were called to [See CHILDREN, page 2]

NEWS

French culture shines at Tournées Festival

Lynn Clahasse
Staff Writer

This year, the Tournées Festival is all about three words: "integrity, compassion and diversity."

With opening night of the French film series proving a huge success on California Lutheran University's campus, students, faculty and Thousand Oaks residents enjoyed the first screening of "Ne Le Dis A Personne" on Wednesday, Sept. 30.

This is the third year in a row that CLU has had the opportunity to present the festival.

Every year the university applies for the grant, and each time it has been approved to have the event take place on campus.

Admission is free, even though each film costs a considerable amount of money to screen.

Around 500 invitations to

the festival are mailed out every year to local residents.

Various fliers and posters are posted around campus, attempting to snag the eye of a passerby.

"People from all over, near and far, are planning on attending the Tournées Festival. Students who are majoring in French, graduates from years past and even some French residents who heard about the festival are going," French professor Dr. Karen Renick said.

CLU is honored to hold the festival on its campus since around 1,800 colleges apply each year for the grant.

"We were so lucky to receive such an amazing privilege," Renick said.

UCSB's campus success with the Tournées Festival was what first sparked CLU's interest to incorporate that event onto its campus.

This festival is well above just pure entertainment, it's a

way in which a new generation can discover an appeal for these award-winning French films," said Marsha Anderson, CLU's director of Sponsored Research.

The Tournées Festival is about celebrating and bringing a little taste of French culture to CLU.

With so much to offer, this year's event plans on adding a little twist to things.

Students of different ethnicities, dressed in their traditional clothing, will present each film in French.

This allows students and guests to sample various cultures initially transforming the festival into a massive melting pot.

"This is such a great opportunity for people to get engaged in all the many backgrounds that are out there and still be able to tie everything back to French culture," Renick said.

Each Wednesday a different

French film will be showing at 7 p.m. in the Preus-Brandt Forum.

The five films being shown vary in plots, some offering tales of twisted murders, mysterious thrillers, passionate romances and invigorating adventures.

Although shown with English subtitles, each film has a way of creating a sense of respect and admiration for French culture.

"The festival allows students, faculty and local residents a chance to engage in another culture," said Dr. Lisa Loberg, a CLU French professor.

"People gain so much of an awareness and appreciation for the films," Loberg said.

The first screening of "Ne Le Dis A Personne" was a very promising start for the festival.

Many people arrived at the Preus-Brandt Forum with friends and family members excited for the event.

A French cake was presented opening night for guests to enjoy in honor of the Tournées Festival.

The night just seemed to get better as CLU President Chris Kimball arrived to share some remarks.

"The Tournées Festival gives the American public a better global perspective," said John Saucedo, treasurer of the French Club.

"So much time and money is put into this occasion and it just makes me proud to see that the festival is and continues to be held on CLU's campus."

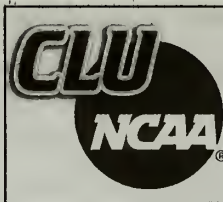
The Tournées Festival has so much to give in terms of not only gaining a better appreciation for French films, but also for acquiring a taste for such a rich culture.

"It's like experiencing a new world, you don't know exactly where you are or what to expect, but that's the fun of it," Renick said.

Think before you drink

CLU wins
NCAA grant
to raise alcohol
awareness

Vanessa Lara
Staff Writer



Why do CLU students need to be informed about alcohol safety? After all it is a "dry" campus, right?

Well as part of the "college experience," the presence of alcohol is often involved.

CLU recently received the NCAA Choice Grant, a three-year award to help promote alcohol education on campus.

This grant will fund events and research aimed at giving students information on making informed choices about their drinking habits, according to Sally Lorentson, assistant director of Student Life.

The goal is not for the grant to completely remove alcohol from college culture.

"College students make choices related to alcohol in a variety of ways, from binge drinking to choosing not to drink. The goal of the grant is not to eliminate drinking from the college culture, but rather to change the culture toward responsible individual choices related to alcohol use," Lorentson said.

College students may find themselves pressured into drinking and as a result putting themselves in risky situations.

First year students and athletes may be more susceptible to this

pressure.

"I have felt the pressure to drink, but it's not me so I don't do it," freshman Matthew Soto said. "My roommates are into drinking but I've found ways to hang out with them and still not drink."

Even though the NCAA is sponsoring this grant, it is not only intended for athletes but for the whole student body.

"The purpose of the grant is to create an educational environment for a diverse set of students across the campus related to alcohol," Lorentson said.

Part of being a team is banding together, and sometimes groups of students choose drinking as a way to bond.

"Being an athlete helps me not drink because it helps me stay focused. But it can also go the other way because if your teammates are out drinking, you kind of feel left out, and you want to feel like a part of the group," an anonymous CLU athlete said.

The NCAA Choice Grant supports CLU's three-part proposal:

The first is to provide programming opportunities for traditional undergraduate students to discuss and engage in learning opportunities regarding their choices, alcohol use and the general student

culture regarding drinking.

These programs are designed to heighten awareness among students regarding responsible choices, resources and peer norms.

The second is to target certain groups of students who are statistically at higher risks to engage in risky drinking behaviors, including but not limited to first year students, student leadership groups, student athletes (intramural and intercollegiate) and residential students.

The third is to establish opportunities for students to provide education and events for their peers through program grants that encourage active student participation in the educational process and program implementation.

The Naked Roommate at New Student Orientation and Happy Hour with a Twist are events sponsored by this grant, as well as many other upcoming events and programs, including Alcohol Awareness Week this month.

"I hope students stop and think about their decision to drink," said Amanda Whealon, coordinator for Student Leadership.

"I hope they realize drinking is not the only option, and even if others around them are drinking, it's OK to choose not to do it," she said.

The grant also funds Peer2Peer Program Grants, which student groups can apply for to start alcohol education programs. Student groups can be awarded up to \$250 to use toward alcohol education, and can apply for the grant at the Choices Web site, www.callutheran.edu/student_life/wellness/ChoiceGrant.php.

Movie shows how to help the Ugandan struggle

[CHILDREN, from Page 1] capture the injustices that were happening in Uganda.

By documenting the lives of those living in regions of conflict and injustice, the filmmakers hope to educate and inspire individuals in the Western world to use their voice for change.

"Our media creates an opportunity for people to become part of a grassroots movement that intelligently responds to what's happening in the world," Invisible Children's Web site says.

Since the films were released in the United States, there have been numerous efforts to give the Ugandan people a voice for change and peace talks have occurred between the LRA and the Ugandan government.

Kony has agreed on multiple occasions to meet with the government and sign a peace treaty, but never puts his words into action.

"The Rescue" describes the many ways a person can become involved in this movement.

"I came across the original video of Invisible Children on my own and became very emotional over it. After seeing the video I knew that I had to become involved," senior Danielle Kirk said.

"The Rescue" film describes three ways that students can help end the war in Africa.

First individuals can to sign up for Schools for Schools, which will focus on educating the children and rebuilding their schools that have been destroyed

by the war.

Second, individuals can make a commitment to contribute \$3 a week to support the economy of the people affected.

Third, individuals can sign the petition to President Obama, asking for the arrest of Kony for war crimes.

Today, 90 percent of the LRA is composed of abducted child soldiers. These children have no means of escape, and the people of the Ugandan nation will not find peace until this war ends.

"The best ways to get involved are to support Schools for Schools and to support fundraising efforts," said Amanda Dyer, an Invisible Children roadie.

The war in Uganda will not end until a voice is given to the people and the invisible children who live there.

The children deserve an education and want to enjoy a normal childhood instead of carrying guns on their shoulders and attacking the people of their nation.

"The film wasn't new to me, but every time I see it, it still affects me, and it's motivating," senior Geraghty Berntson said.

The members of the Invisible Children nonprofit organization want everyone to join in the race for peace and to give a voice to the Ugandan people.

Small blaze brings wildfire season to Thousand Oaks

Jackie Rodriguez
Staff Writer

A small brush fire broke out Sunday morning in an open area south of Highway 101 at the Rancho Road exit, with flames visible from Moorpark Road and the Janss Marketplace.

With windy conditions Sunday, the fire was a serious threat and the Ventura County Fire Department acted quickly, deploying 10 strike teams, with a total of 50 trucks, four helicopters, four air tankers, bulldozers and numerous hand crews, according to a Ventura County Star report.

The fire broke out in rugged terrain, making fighting the fire from the ground extremely difficult.

The aircraft did most of the work for fire crews, while engines tried to get to the fire lines, Fire Department Capt. Ron Oatman said in Ventura County Star report.

According to Ventura County Fire Department officials, the fire was completely contained to 56 acres by 8:20 p.m. Sunday night.

This fire served as a reminder to CLU students that fire season is here.

This year's season can potentially be one of the worst in years due to California's third straight year of drought conditions.

Southern California is prone to wildfires due to the "numerous areas that have developed a buildup of brush over the years," said Craig Lightfoot, assistant director of CLU Public Safety and Security and a former firefighter.

The intense drought throughout California is playing a large part in this year's fire season.

"The brush buildup along with the lack of rainfall creates an extremely dangerous zone as the brush is severely dried out and highly flammable," Lightfoot said.

He added when the dry brush ignites, it creates an extremely hazardous environment for homes surrounding the fire and the community in general.

While the brush can instantly make a wildfire double in size, the dry Santa Ana winds only fan the flames that much more.

"Fires fueled by wind have the ability to carry the hot embers upward of a mile away from the main fire," Lightfoot said.

Southern California is prone



Photo courtesy of Adam Pardee

Air Assault: Firefighters did most of the battle from the air on the brush fire that flared up Sunday morning.

to numerous wildfires throughout fire season; however, CLU is not directly threatened due to its location and surrounding neighborhoods, said Fred Miller, director of Public Safety and Security.

To keep the campus safe, the facility department keeps weeds cut down as a fire break, he said.

According to Miller, the biggest

threat that CLU faces from wildfires is air quality.

"In addition to schoolwide e-mails and text messages that instantly notify students and faculty of an emergency, CLU has a mutual aid agreement with Pepperdine University," Miller said.

According to the agreement, CLU and Pepperdine students may be evacuated to the other's

campus in the event of a crisis.

In addition, CLU "monitors nearby wildfires with the local fire department and has a very close relationship with Station 34," Lightfoot said.

Despite the precautionary measures CLU takes, Lightfoot advises everyone to develop a plan that outlines what they would do in case of an emergency.

New vaccine promises breakthrough against HIV

Hanna Halldorsdottir
Staff Writer

After years of disappointing news, a new vaccine gives hope in the battle against HIV.

In a recent Thai medical trial, a new HIV vaccine was found to lower the risk of infection by almost a third.

This was the first trial in which the risk of contracting HIV actually had been lowered.

"From what has been reported in the media, it looks like the most promising vaccine that we have seen so far," said Kerri Lauchner, director of Health Services at California Lutheran University. "That being said, it was still just a minority of people it protected. There still is a lot of testing that needs to

be done."

The medical trial, performed by the Thai Ministry of Public Health, was sponsored by the U.S. Army and the National Institute of Allergy and Infectious Diseases.

Over 16,000 individuals, ages 18 to 30, participated in the trial. Around half of the participants received a combination of vaccines over a period of six months, while the other half received a placebo. The participants were then monitored over a three-year time period.

What scientists found was that the risk of contracting the virus was 31 percent lower among those who received the vaccine than those who received the placebo. Within the group that received the vaccine, 51 contracted HIV, while

among those who received a placebo, 74 contracted the virus.

"Before the study occurred, it was thought a vaccine for HIV was not possible, Col. Jerome Kim, HIV vaccines product manager for the U.S. Army, told CNN in a recent interview. "[Kim] cautioned that a lot more research was necessary because the vaccine did not prevent everyone from being infected," CNN reported.

The Web site for the U.S. Military HIV Research Program states that the new vaccine was a combination of two previously unsuccessful vaccines.

The Guardian reported that the two vaccines were used together in a "prime-boost" approach, with the first vaccine priming the immune system, while the second

one boosted the response. The prime, ALVAC HIV, was originally developed by Sanofi Pasteur and the booster, AIDSVAX B/E, was developed by VaxGen.

According to the Web site for the U.S. Military HIV Research Program, the vaccine meets all necessary safety precautions.

"An International Data and Safety Monitoring Board met eight times since trial initiation and did not identify any safety concerns," the Web site reports. "The study vaccines did not cause HIV infection because they are not made from and do not contain the entire

virus, either live or killed."

Scientists are still faced with many questions.

Perhaps the biggest one is why the vaccine had such a positive effect. Another concern is why the vaccine only seemed to be effective on some participants, not all.

Further testing is currently underway, and more trials are being planned in the future.

Although the vaccine did seem to lower HIV infections in Thailand, it is not known whether it will be effective on different strains of the virus in other locations around the world.



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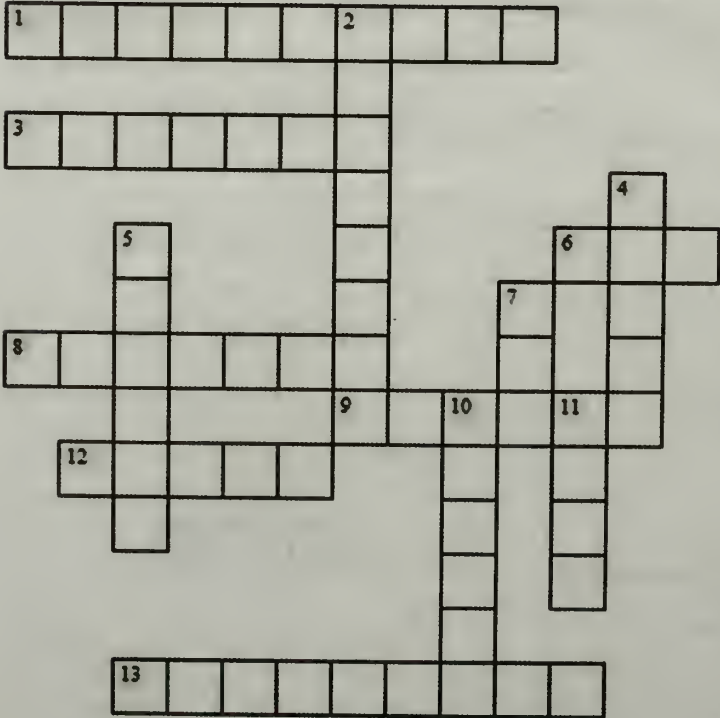
Steak, chicken, garlic mashed potatoes, bleu cheese chopped salad, bread and soft drinks

Help send the Dance Team back to Nationals to defend their ranking

CALENDAR

| | | |
|---|---|--|
| Wednesday Oct. 7 <ul style="list-style-type: none">• Commuter Connection Lunch 11:30 a.m. SUB• The Tournées Festival: "Un Secret" 7 p.m. Preus-Brandt Forum• The Need: Robert Amey 10 p.m. SUB | Thursday Oct. 8  | Friday Oct. 9 <p><i>Fall Holiday</i></p>  <p><i>No School</i></p> |
| Saturday Oct. 10 <ul style="list-style-type: none">• Ventura County Women's Forum on Economic Insecurity: Lilly Ledbetter 8:30 a.m. Lundring Events Center | Sunday Oct. 11 <p>"I cannot endure to waste anything as precious as autumn sunshine by staying in the house. So I spend almost all the daylight hours in the open air." -Nathaniel Hawthorne</p> | Monday Oct. 12 <ul style="list-style-type: none">• Reel Justice Film Series: "Amazing Grace" 5 p.m. Samuelson Chapel |
| Tuesday Oct. 13  | Next Week Oct. 14-Oct. 20 <ul style="list-style-type: none">• The Tournées Festival• Midnight Madness• Alumni and Friends Golf Classic• Alumni and Family Festival• Homecoming Carnival• Homecoming Dance• Oil Paintings from Svelata: Mia Taponatti | |

Animal Crossword Puzzle



ACROSS

- 1 Big animal that has one horn
- 3 This animal has a very long neck
- 6 Man's best friend
- 8 Lives in the cold and waddles
- 9 Slow moving and has a shell
- 12 Striped animal that looks like a horse
- 13 Can swim under water and walk on land and has a big bite

DOWN

- 2 This animal has a long trunk
- 4 This animal likes to eat carrots and sugar cubes
- 5 This animal loves bananas
- 7 Some say this animal has nine lives
- 10 Has big ears and likes to hop
- 11 King of the jungle

FEATURES

Moon Festival celebrates Chinese culture

Kendal Hurley
Staff Writer

For the first time in CLU's history, people of all cultural backgrounds gathered into the packed Samuelson Chapel to celebrate the Chinese Moon Festival on Oct. 3.

Families came out to watch musical groups from as far as China, perform in celebration of the tradition that is a largely practiced, annual holiday in China.

The Chinese Moon Festival has been celebrated in China for thousands of years.

It is believed that on the fifteenth day of the eighth month of the lunar calendar, the moon is the brightest out of the entire year.

This represents wholeness and the celebration of the end of the summer harvest season. It is the equivalent of Thanksgiving in the United States.

Opening remarks were made by professor Guy Erwin and the President of the Center for Asian Performing Arts, Bing Cai.

"This festival is an important part of Chinese folklore," Erwin said.

The MCs for the night were Dong Liu, who spoke in Chinese, and Jordan Leckness, a sopho-

more at CLU, who translated the information in English.

Leckness has taken six years of Chinese and volunteered to speak at the festival. In addition to translating, she also recited a poem about the harvest moon in Chinese.

Most of the evening consisted of musical acts including the Pacific Pearl Symphony Orchestra, the Yang Sheng Choir, soprano performer Li Zhang, Thousand Oaks Chinese Folk Ensemble, the Dance String Chamber and the Children's Choir.

Most of the music was Chinese, but some western music was also included.

Li Zhang is a famous soprano singer from Beijing, China who traveled across the world to perform at the festival. She has won numerous musical awards at the national level.

Plaques were presented to the performing groups to show appreciation for their participation.

"I think it is really important to have these cultural events on campus because it teaches us about diversity," said Holly Beaman, a sophomore at CLU who attended the event.

Much of the audience consisted of Chinese Americans, but



Photo by Nick Gilliam - Staff Photographer

Musical Treat: Soprano singer Li Zhang traveled across the world to perform for the CLU audience.

people of all ethnic backgrounds came to celebrate.

The entire chapel was filled, and many people had to stand in the aisles and across the top balcony.

"We are mailed a booklet of all the events from CLU each year and I am always interested in the classical music," said Gisela Neumann, a Simi Valley resident.

"I always come to the concerts because the music is beautiful."

The event was sponsored by the Department of Languages and Cultures, which is CLU's newest department that was created this fall.

Erwin is the head of the department and his goal is to increase interest in the study of major

languages with both students and faculty at the university.

The Center for Asian Performing Arts (CAPA) also sponsored the event.

CAPA's mission is to spread information and awareness of the Chinese culture, and they helped achieve this through the festivities at CLU.

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Festival awards student for Berlin Wall art

Alexandra Butler
Staff Writer

Crayons, clay and paint are some of people's fondest memories of childhood. As we get older we learn that art is an expressive talent that needs to be embraced.

On Sept. 27, Thousand Oaks held its sixth annual Arts Festival at the Civic Arts Plaza and The Lakes to celebrate these talents.

The contest was called "The Student Digital Art Contest," and was hosted by The Thousand Oaks Arts Festival. However, this year the committee really wanted to get younger students involved to celebrate local art.

This festival is very unique, and committee co-chair Jana Covell hopes the festival will "promote art and entice college students to be professional artists and see that a living can be made."

In order to get college students involved, a teacher at CLU and committee member suggested a digital arts contest. The contest included CLU, Moorpark College, Cal State Northridge and Cal State Channel Islands.

During CLU professor Barry

Burns' computer graphics class, he encouraged students to submit a piece of work they had created during class.

"We worked so hard in our Graphic Design class. Berry really encouraged us to be a part of the city's competition," said graphic design student Kelsey Bonesteel.

Covell helped arrange the ceremony and select the winning piece. "All entries were excellent,"

Covell said. They really wanted a piece that was different and unique.

Among the entries was senior Beth Peters Berry, who entered a mosaic piece called "The Berlin Wall."

Peters Berry's detailed piece made her the winner.

"We liked the colors and thought it was a good conversation starter," Covell said.

"When people look at art, they often see different things. We thought it was also good to put on a T-shirt that could be passed out during the festival."

Peters Berry was honored to receive the digital art award.

Digital Art is a hard craft that seemed to come natural to her because she had only been involved



Photo by Carly Schmidt - Staff Photographer

Digital Art: Beth Peters Berry shows off her work that won The Student Digital Art Contest.

in digital art since early last semester.

"I've been doing digital art since last January when I took the class computer graphics. The piece that won was actually one of the first things I attempted to do in computer graphics," Peters Berry said.

Art also came natural to Peters

Berry in elementary and high school, where she won awards for drawings.

"When I was little, I loved to draw. Now that I'm older I still do draw occasionally, but now I think it's fun to take pictures and do art on the computer," Peters Berry said.

Art is a fun hobby for this hard-working college senior.

"[Art] fuels the imagination. Without art our world would be boring; no music, no pictures," Covell said.

Students are encouraged to enter the seventh annual festival that will be held in late Sept. 2010.

Morning Glory earns recognition and respect

Amir Ibrahim
Staff Writer

Since 1971, "Morning Glory" has been CLU's Literary and Visual Arts Magazine. As it continues the tradition of showcasing the best creative endeavors of the students, faculty, staff and graduates of California Lutheran University, the magazine attributes the best work out there to be seen.

"We encourage submissions from as many people as possible," editor in chief Melanie Cornejo said. All the submissions are compiled to form the award winning magazine that "Morning Glory" has become.

The "Morning Glory" staff spends the fall semester collect-

ing all the submissions, and after Feb. 1 of each year, the staff meets and evaluates the work that is turned in.

After the evaluations, they form the top submissions, which are collected for publication.

A new addition to the magazine is a section where students, staff and faculty can submit music, compositions, performances and literature.

The winning submissions will then be digitally mastered on campus and put on a CD that is included in every issue of "Morning Glory."

"This is great in many aspects for the people, not only with the art of words and pictures, but with a musical touch," graduate

Youssef Chmait said.

"We are also trying to incorporate more short stories in the magazine," advisor Dr. Joan Wines said.

Over the years, digital media has played a big part in the magazine, making it more cost efficient and allowing the staff to take more of a part in all the designs.

Wines also encourages communication students to submit any interviews or articles.

The originality and creativity of the work submitted and the staff's contribution has earned "Morning Glory" many awards over the years, including The ACP Pace-maker award, which is a prestigious award considered by many to be the student journalism's

highest honor.

"It is great to watch the students come together and collaborate their skills and work," Wines said. "The students learn the joy of producing a well-made product."

Wines has been the magazine's advisor for the past 12 years. He and the students have displayed great team work.

Besides the staff that consists of CLU students, there are interns who are looking to work in the communication field after graduating college.

"One of my favorite things about being the editor is looking through the submissions, seeing the creativity of all the students and looking at the pictures and

literature and how they flow from page to page," Cornejo said.

The "Morning Glory" is distributed to CLU students, faculty, graduates and donors.

"I have received an issue of the magazine every year since I have graduated and have seen some great work and masterpieces of which I understand where the awards are coming from year after year," Chmait said.

As the students collaborate together to bring award-winning work to the table the students, faculty and graduates all look forward to seeing the next art piece.

You can submit your work to the Morning Glory via e-mail submissions to Cornejo at mcornejo@callutheran.edu.

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AD EXECUTIVE
Jonathan Culmer

The Fashion Plate: A well balanced serving each week

Heather Taylor
Staff Writer

Let the Wild Rumpus Start!
I'm fairly certain that at one point or another in our lives, we've all felt like there was a wild thing inside of us.

Wild things were the creatures that lived in a land only a little boy named Max could imagine, in the children's book "Where the Wild Things Are."

The classic tale is making its debut on the silver screen in October, in a live-action adaptation with an already heart-wrenching commercial making its rounds on TV and online.

Seriously now, that little boy running around with a bunch of furry creatures in a pair of fuzzy pajamas while The Arcade Fire's "Wake Up" plays in the background?

I don't even think there are any adjectives that are good enough to fully describe exactly how I feel when thinking about this movie.

To be sure, nostalgic is probably the strongest feeling.

I'm sure that was the word the boutique Opening Ceremony had in mind when they created their "Where the Wild Things Are" collection.

Created alongside Spike Jonze,

director of the film, the inspired pieces feature street-friendly looks like bomber jackets and T-shirt dresses named after characters Douglas and Ira, respectively.

The line also has Max's famous PJ sweatshirts and the truly awe-inspiring unisex Max jumpsuit complete with a fur tail. Wow.

Prices start at about \$220 and climb upward from there, but luckily other chain stores are hopping on the wild bandwagon. Urban Outfitters has teamed up with Brooklyn designer Mary Meyer to promote the film with a line of affordable printed leggings and printed tees.

Now if only these places could start creating a Max-style crown to accompany the ensembles. That would make anyone the king (or queen) of all wild things.

You Know You Love Sui

Spotted: Heather perusing the racks of a local Target store.

Fall has gotten unexpectedly chic this year, as international designer Anna Sui has been inspired by the hit CW series *Gossip Girl* to design an entire clothing collection around the ladies of Manhattan.

The 19-piece collection is inspired by characters Blair, Serena, Jenny and Vanessa (fondly known as B, S, J and V) and their very different, but highly-fashionable personalities.

H has always been an old-Hollywood inspired B at heart.

She can already see herself donning a headband to go with the foulard printed dress in turquoise blue, but the J-inspired tulle tie-front top with the bright red Tattersall Skirt is just as tempting.

Mix and match? Step outside of your normal clothing comfort zone.

With this collection, you can be any of the girls and can even check out the online Target lookbook featuring each of the pieces and different ways they can be worn.

The line runs until Oct. 17, in stores and online, so get the looks before they're gone.

H loves them and loves even more that Victoria Beckham is so obsessed with the show, that she's dressing the characters this year with pieces from her signature line.

Maybe she'll launch a *Gossip* inspired line of her own.

We will have to wait and see... until next time, XOXO *Gossip Girl*.

CAMPUS QUOTES

How has the recession affected your spending?

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Best-seller shares wisdom

Michele Manfredi
Staff Writer

One of North America's most respected poet-philosophers and international best-seller, Noah benShea has 22 books translated into 18 languages.

California Lutheran University was lucky enough to have benShea, an inspirational speaker with 35 years of experience, speak on its campus on Oct. 1.

"My goal tonight is to pass on information that has taken me a lifetime to collect and act on," benShea said.

benShea spoke about his novel, "The Journey to Greatness and How to Get There."

The novel was published in 2006 and was translated into 18 languages to be read worldwide.

"How many times in life do you need to get the information before you act on it? We lack on having the character to act on the right information" benShea said.

His novel contains 152 pages of positive stories, words of wisdom, strengths, ways to renew your spirits and ultimately how to lead yourself to greatness and to the life you always dreamed of having.

One of benShea's inspirational quotes reads, "The

greatest challenge in our lives is daring to be who we are."

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How many times in life do you need to get the information before you act on it?"

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greatest accomplishment." benShea has an abundance of public accomplishments that are notable to his worldwide success and respect.

By age 23, benShea was assistant dean of students at UCLA and by 30 he was the thinking tank behind USC's Center for Humanities.

Referred to as the "Guru's Guru" and a "Zen Mark Twain," benShea is a scholar, theologian, long range thinker, executive advisor, speaker and of course, international best-selling author.

Reciting Mark Twain, ben-

Shea said, "Good judgment comes from experience, and experience comes from bad judgment."

benShea's speech drew a crowd that filled a room full of everyday people with everyday attitudes with love, passion and life.

benShea's novel, "The Journey to Greatness," gives people the strength to move past difficult times and to become inspired to goals they have always dreamed of.

"There is something greater than yourself, and by that, we are simply enhanced," said benShea.

benShea used honesty, love and faith as his three main points in his novel, as well as in his speech, to express that by embracing each of these, there will be "greatness behind that door full of fear."

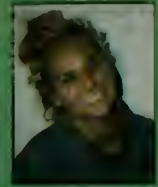
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He encourages others to have the faith and strength change their lives for the better, making their life goals and dreams come true.

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Did anyone else try and get a job this summer? Yeah, right!"



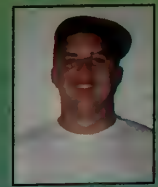
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Kelsey Dunn



Junior
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The Fashion Plate: A well balanced serving each week

Heather Taylor
Staff Writer

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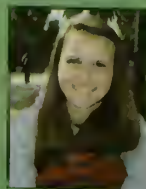
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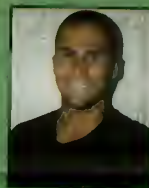
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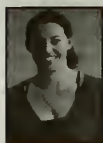
It's harder to get a student loan from the state now."

Sophomore
Max Rud



OPINION

Did Lutheran tradition lose its lure?



Anna Meyer

As one of the most liberal Christian universities, CLU has begun to lose part of the core of its foundation.

CLU is suffering from a loss of religion. If Lutheran wasn't in the title, most people wouldn't be able to tell from this campus nor from the students that this is a Christian university.

According to the Traditional Undergraduate Profile, out of the 1,882 full-time undergraduate students in 2008, 62.6 percent of those students have a Christian affiliation.

Yet at CLU only 30 some students attend chapel on a regular basis. That is less than two percent of the undergraduate student body.

I do not at all believe that students should be forced into attending chapel. I chose CLU based on the fact that I had the right to choose whether or not I went to chapel.

While I did not want the church forced down my throat, I am still amazed by how little religion factors into this school. Religion seems to be becoming less and less a priority of the university.

This year the Presidential Hosts decided it was no longer required of a tour guide to show prospective students the Samuelson Chapel.

Not only is the chapel one of the most beautiful buildings on

campus, it represents so much of what this university is. It represents an environment that does not judge or dismiss, but that welcomes all.

It is a change that seems to be affecting more than one organization on campus.

While I did not want the church forced down my throat, I am still amazed by how little religion factors into this school.

This fall, while we were planning an event, Programs Board was looking into using the chapel as a possible performance space for a Club Lu event.

It was then decided that CLU

did not have the type of student body that could respect the sanctity of the location.

This is something that I cannot understand. That at a religious university we are unable to hold the students up to a standard at which they know better than to cuss in the chapel or show up to the chapel drunk for a Club Lu event.

This has nothing to do with religion but of a generation of students that does not understand the common knowledge of respect.

When it comes down to it, this is a Lutheran university. It does not matter what your religious beliefs are.

Every student knows that when they choose CLU, they are agreeing to respect a set of standards based off of a Lutheran

tradition.

The mission statement for the university says that California Lutheran University is "rooted in the Lutheran tradition of Christian faith." Yet CLU also has a commitment to diversity that "values individual differences."

I am grateful that we have a campus that is open to such diversity and this university allows for the development of thoughts regardless of religion, ethnicity or sexuality.

As students, we are allowed to express our views and opinions in so many ways without censorship.

But it doesn't make sense for the university to be respectful of each student's views and beliefs if the students are unable to respect the beliefs that the university was founded on and the standards that are expected of us.

Love, cockiness, music and happiness



Robert Amey

It has been said that the "swine" is going around, but I didn't know that low self-esteem and depression were also spreading.

If I hear one more person say he or she doesn't feel attractive, I am going to punch that person in the throat. OK, well, maybe not, but the thought is entertaining.

It is safe to say that we have all experienced both low self-esteem or depression, and for those who think they're big and bad, I know different.

Over the last few years I've noticed a few things that have kept me in good spirits, and they are love, cockiness, music and happiness.

When I say love, I am not talking about romantic love. Although love is nice and cute in the movies, self-love is something a lot of people don't have.

This is where cockiness comes into play. We are always told not to be cocky, arrogant and self-absorbed and what I hear the most "stop looking in the mirror!"

Why not? I just love the view.

I think everyone should look in the mirror and blast Mariah Carey's "Touch My Body" and see how that makes you feel. OK maybe not that track but you get the idea.

The one thing I love about my inner circle of friends is that GQ's sexiest and Maxim's finest can be in the room and they will let it be known that they are "Boom Boom Pow."

It is no secret that I am a music guy; I can not count how many times I've randomly burst out a tune. Yes, I get crazy stares for singing Beyoncé's "Single Ladies," but it lifts my spirits.

Music has always served as an outlet for many; whether it's writing, playing or singing, it is therapeutic.

So next time you're walking to the Centrum or Café, grace the trees and bunnies with a tune.

As students, we have so many things planned on the "To Do List" that anxiety catches us like a

common cold.

So after lectures, meetings and practices, you wonder: can I take a minute to breathe and ask myself how am I doing?

Why do we give other people so much power in determining how we feel about ourselves?

It is a question that we are asked every day. "How are you?"

We put very little thought into the answer because we unintentionally answer with "Good!" If I am lucky I get the bland "I'm OK."

So what is it? Why do we give other people so much power in determining how we feel about ourselves?

OK, you don't like my clothes; OK, you don't like me, and I care because why?

Sounds rude, but say it to yourself. So, if you are feeling spicy and froggy, the next time someone says something negative you can either punch them in the throat or simply ask, "I care because why?"

I have realized that happiness only comes to those who are willing to accept it. It is truly a choice.

So how about we all stop claiming depression, low self-esteem and unhappiness and start living life.

Subdue stress and attend CLU events



Caitlin Coomber

Feel like pulling your hair out? Exhausted from reading chapter after chapter?

It has officially been a month since school's been in session.

Classes get more difficult as the semester progresses, and sometimes you need a break from the mundane, day-to-day grind.

What better time to discover some of CLU's hidden (and not-so-hidden) remedies.

The Need. The late-night coffeehouse and jam session is the perfect midweek escape from that chemistry quiz you

have been working diligently on and now want to avoid.

Every Wednesday at 10:10 p.m., performers can be found singing, joking and entertaining students in the SUB.

The drinks are free and the music is good.

This coffeehouse vibe can calm any pre-exam nerves.

Take advantage of all the events CLU offers to calm and simplify your life during the weekdays...

Use Midnight Madness as an excuse to dress up, go wild and scream your lungs out cheering on the Kingsmen and Regal basketball teams.

Grab your friends and meet at the Gilbert Sports and Fitness Center for a late-night next Wednesday, Oct. 14 at 11:15 p.m.

Student Life will be passing out shirts to the most spirited students in the crowd.

Like any small private university, CLU hosts events that ridiculously resemble a large high school, but this is one you cannot miss.

Don't hesitate to buy your ticket to this year's homecoming dance, "24k."

The annual homecoming dance will be at Jillian's at Universal City Walk.

This is a chance for CLU students to let their hair down.

Just like the epic homecoming experience last year, this event will surely surpass even your fondest high school experience.

Be sure to laugh till you cry every other Thursday night at the Forum with CLU's Improv troop.

These off-beat, slightly inappropriate comedians can provide the necessary comedic relief you've been craving.

The Improv troop will leave you wanting to come back the next week.

What better way to blow off some steam than by helping others?

Service Day is sometimes followed by a roll of the eyes, especially when the wake up call is around 9 a.m.

However, community service at California Lutheran University can be fun. Really!

Donate blood at the upcoming blood drive, or participate in a clean-up project hosted by the university.

You will feel good that you are bettering the world in a little way and what could be more relaxing than that?

You pay \$125 each semester as a student fee.

Did you ever wonder where that money goes?

Weekly Club Lu events are technically free since you have already paid for them.

Why not make a good use of those dollars and attend the wholesome fun on a Friday night?

Sometimes stress from school work, jobs and the whole college thing can weigh you down.

Take advantage of all the events CLU offers to calm and simplify your life during the weekdays, so you can reach the weekend and dread classes all over again.

Letters to the Editor

If they were called "Sits," I'd be more inclined to sit in them during a game, but since they're called "Stands"...get up.

I don't know what it is about CLU fans, but somehow, they aren't as passionate as other college sports fans.

I guess if you define a fan as a person who goes to the game wearing a purple bandana with the intention of talking with friends and calling out only when points are put on the scoreboard, then CLU has the most spirited students I've ever seen.

Where I come from, which happens to be a town of about the same population of CLU's entire student population, being a fan is more than that.

Being a fan means coming to all games decked out in school colors, holding noise makers and signs, screaming at the top of your lungs and standing for the whole game.

I was utterly embarrassed by the lack of enthusiasm by the fans at last weekend's football game against Whittier.

The booing at a bad call toward the end of the game when we were up by 30 points was louder than any of the cheers I heard that game.

One thing that most schools have that CLU doesn't, is a student section.

As a member of the ASCLU-G Senate, I'm taking it upon myself to change that for all sporting events.

A marked-off section for students only will create unity among students that are there to actually cheer.

It is totally a buzz kill when enthusiastic fans are told to sit down because the people behind them can't see.

At the game Saturday, my friends and I were told we were being rude for standing and not allowing the people behind us to see.

Is it really rude to cheer for the team and players we know and love?

Personally, I feel it's rude to come to the game, sit on your hands and ask others to stop showing their pride.

If you really want to sit, go watch TV.

I come to games to yell, support and encourage our teams to do their best.

As a former, intercollegiate athlete at CLU, I was always disappointed in the fans that showed up and then didn't cheer.

I think I can speak for most athletes when I say we'd rather have 50 dedicated, rowdy fans, than 200 silent fans.

I would like to challenge the fans of CLU to come out wherever you are. Show up in your purple and gold, wear face paint, bring noisemakers, cheer for the Kingsmen and Regals and get rowdy.

Cass Hallagin
Junior

Dear Editor,

We are writing in response to the article written by Anna Meyer that appeared in the Sept. 30 edition of *The Echo*, entitled "Cliques Confronted on CLU Campus."

We are writing because we feel that Meyer misrepresented her fellow students.

Meyer writes that there is a common saying at CLU that 10 percent of the student body does 90 percent of the work. While it is true that many of the same students are involved in multiple major clubs and organizations, this should not be seen as something negative.

When we became members of ASCLU-G, sports teams, Lord of Life and were selected to become resident assistants or peer advisors, we were introduced to a new, large group of students.

Statistically, it is likely that these students represented a multitude of other clubs and organizations on campus.

Through meeting these students, we were encouraged to join some of their clubs and organizations. For most of us, this has led to the classic case of overcommitment.

We feel that the prevalence of overcommitment at CLU is not due to the overzealous nature of this alleged 10 percent, but the lack of enthusiasm for extra-curricular involvement in the remaining 90 percent.

There are multiple students at CLU who hold leadership positions in more than one club or organization.

They do this because there simply is no one else willing to take

responsibility.

If a few more students would step up and volunteer to fill these positions, there would be more diversity in leadership on campus.

To claim that the communities formed by these organizations are cliques made up of CLU's socialites is an insult to the time and energy these students put into their extra-curricular lives.

Meyer mentions the weeks before the school year begins, when many of these groups spend time on campus for the express purpose of preparing to welcome new students.

Certainly this must involve these groups getting to know each other, but to claim that these students do not allow others into their communities is, frankly, untrue.

One of the fundamental goals of groups like ASCLU-G, RAs and PAs is to establish ways to better include the entire student body and to encourage them to form strong communities.

All five groups that Meyer criticizes require some type of assessment to join, whether it's an application, try-out, interview or election.

It is therefore inaccurate to declare that it is the current members of each group that keep new students from participating.

It is, in fact, members of CLU's faculty and staff that make these choices, or in the case of ASCLU-G, the voting student body.

In the case of peer advising specifically, this year, out of 47 PAs, there were only nine returners.

It is therefore incorrect to assume that the same 10 percent of students were chosen.

Therefore, we would like to make it known that we were personally offended by Meyer's assertions that we, CLU's overcommitted few, are doing anything to intentionally keep down those eager to join the communities to which we currently belong.

And to those students looking to get involved at CLU, do not be intimidated. We would love to have you and can't wait to meet you.

Sincerely,
Casey Kloehn, Bree Gibson,
Cass Hallagin, Jaclyn McCaffery
and Justin Stoll

Casey Kloehn
Senior

Price versus safety



McKenzie
Becker

The state of the economy is affecting not only our wallets, but possibly our safety, as well.

One of the most difficult things to open our wallets for is our gas tanks, especially for us college students who would much rather save some extra cash for those early-morning coffee trips after a late-night out.

When we go out to parties, events and dinners, we travel in groups. One problem always seems to arise with this method: Who's going to be the designated driver?

As it is, most students don't exactly enjoy being the designated driver, but with the cost of gas, the job has become even more painful than before.

This issue has led to two scenarios among college students: either opt out of going to the party and avoid the expense, or find a ride with what is very likely, an already full car.

On a typical Friday or Saturday night, students at California Lutheran University pile into a car and head out to whatever party they heard about. Rather than five people getting into the car, six or seven hop in.

Why didn't the sober student just drive a second car?

A few years ago, that extra person in the car would have had no problem driving separately at the cost of \$4 for three gallons of

gas. Now people are squeezing far more people into a car than there are seat belts for.

"I think it's definitely changed things. It's more common to see people pouring out of cars. We used to see people driving separately but now everyone carpools," CLU graduate Dan Erickson said.

"When I was in high school and the beginning of college, I'd be hanging out with people, and we'd just want to find something to do so we would just drive around for like two hours until we found something to do. It was like an activity. Nobody does that anymore."

Between the cost of gas and the awkwardness that accompanies having to ask for gas money from friends, students decided saving money was more important.

Sometimes, it may be uncomfortable asking friends for cash for gas, but the reality is, if they don't have the money to pitch in, then they shouldn't be going out in the first place.

"People won't go do something if it's far away. They are trying to carpool more. I used to put \$20 in, and I'd have to go inside to get change. Now it's like a purchase to fill up," Erickson said.

"Gas was so cheap back then, now when you're looking at anything you're like 'oh I don't want to drive, I don't want to pay for gas.'"

Maybe we should start to consider the fact that more accidents could be prevented and fewer people could be hurt or killed if we all chose to fork out a few extra bucks where needed and skip that unnecessary trip to Starbucks.

the Internet likes to gossip



use a Firewall

regulate who your computer chats with

Editorial Matter: *The Echo* staff welcomes comments on its articles as well as on the newspaper itself. However, the staff acknowledges that opinions presented do not necessarily represent the view of ASCLU-G or that of California Lutheran University. *The Echo* reserves the right to edit all stories, editorials, letters to the editor and other submission for space restrictions, accuracy and style. All submissions become property of *The Echo*.

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the Echo

SPORTS

Banged-up Kingsmen look to improve in standings

Andrew Parrone
Staff Writer

By splitting victories on a pair of road games this past week, the Cal Lutheran men's soccer team kept itself in the race for a SCIAC championship.

Last Wednesday, the Kingsmen (4-6-0 overall, 3-3-0 in SCIAC) failed to score for the first time all season and lost to Redlands 2-0. CLU has not beaten the defending SCIAC champion Bulldogs since 2000. On Saturday, the offense came alive for the Kingsmen and they defeated La Verne by 4-1.

This week the Kingsmen play a pair of critical conference matches at home, with

meetings against first place Pomona-Pitzer today at 4 p.m. and second place Claremont-Mudd-Scripps on Saturday at 11 a.m.

"For us we're looking at this week as an opportunity," head coach Dan Kuntz said. "If we can pull these games off, which we have the team to do, we can get right back in the thick of the league. This stretch of three home games for us is huge."

The long trip to Redlands was a difficult one for the Kingsmen. Though they played well and got several good shots on goal, they were not able to find the back of the net. Senior Chris Capellini and freshman Chris Holm shared time in the

net for the Kingsmen and were met with a barrage of 25 shots by the Bulldogs, but allowed only two goals.

"I'm really proud of the youngsters who stepped up for us," senior John Barley said. "They kept us in the game the entire time and really played well."

The offense got back into its early-season form against La Verne. Freshman Raul Yopez scored on a free kick in the 22nd minute, giving him eight goals for the season. The Leopards tied the match seven minutes later, but senior Brad Hendrickson's goal in the 49th minute proved to be the game winner for the Kingsmen. Senior Ryan McDermott and sophomore, Dirk Onink added insurance goals later in the contest. Capellini allowed only one goal and earned the win.

"We did not have a win on the road before La Verne so that was important," Kuntz said. "We kept the scoring down. Whenever we've kept our opponents' scoring down, we've done well. We have the most goals scored in the conference, but we're just giving too many away."

This week marks the start of the second half of conference play. The Kingsmen have dealt



Photo by Nick Gilliam - Staff Photographer

Yopez please: Sophomore Raul Yopez has scored in six games this season.

with a variety of health issues so far this season, and now that the team is getting healthier, a move up in the standings might follow.

"We've had a little bit of a rocky start; we have had some injuries and sickness and I think we're starting to come out of it," Kuntz said. "This is the time where you find out what you've got with your

guys and where you stand as a team."

The players also remain confident that the second half of the SCIAC season will yield good results.

"Our next game is against the team that is leading the SCIAC right now," McDermott said. "We have the talent to beat them, and now is the time to use it."

CAL LU SPORTS CALENDAR

| | Wed. 7 | Thur. 8 | Fri. 9 | Sat. 10 | Sun. 11 | Mon. 12 | Tues. 13 |
|------------|-----------------------|------------|---------------------|-----------------------|------------------|------------|-------------|
| FOOTBALL | | | | @Pomona-Pitzer 1pm | | | |
| SOCCER | Pomona-Pitzer 4pm | | | CMS 11am | | | |
| SOCCER | @Pomona-Pitzer 4pm | | | @CMS 7pm | La Sierra 2pm | | |
| VOLLEYBALL | | | @Redlands 7:30pm | | | | |

Shade denotes home game.

Making fitness fun for Cal Lu

New ways for the campus to enjoy getting in shape

Rachael Hubbard
Staff Writer

This semester California Lutheran University is offering a substitute to hitting the gym.

The new fitness classes are free to all students, faculty and staff and could act as an alternative to the treadmill or lifting weights.

Bootcamp, Yoga, Martial Arts, Mixed Martial Arts Cardio, Pilates and Hip Hop are the fitness classes being offered this fall.

"Fitness classes are a great alternative to just working out. They provide a different experience than just going to the gym. Oftentimes people come up to me and say, 'you should do this and I would come.' That happened last year," said Clark Cripps, senior coordinator for Recreational Sports.

"A student said we should do a fitness boot camp in the mornings, so we did."

Cripps did his research on finding a solid staff for these classes.

"One of the current instructors

came from a recommendation, and luckily she had two friends who were very capable of teaching in other disciplines," Cripps said.

He found instructors who are passionate about what they do and enthusiastic about helping students achieve their personal fitness goals.

The types of fitness classes offered are determined by popularity and what fits in the CLU budget.

Fitness classes take place from Sunday through Friday. Each class lasts one hour.

The most popular classes, Pilates and Bootcamp, are offered three times a week and Yoga is offered twice a week. Martial Arts, MMA Cardio and Hip-Hop are offered once a week.

You can find a full schedule of these classes in the Forrest Fitness Center Gym or CLU Web site on the Forrest Fitness Center page under Campus Life.

These classes present opportunities for all body types. You can go at your own pace and ability. "I enjoy it, but I definitely was not expecting the intensity that Pilates threw at me," said senior water polo player Brian Gross.

Last spring, CLU began to offer a morning Bootcamp Program.

This semester it is offered every Monday, Wednesday and Friday from 7 to 8 a.m.

All fitness classes meet in the Dance Studio except Bootcamp, which meets outside the Gilbert Sports and Fitness Center.

Center midfielder for the Regals soccer team Lynsey Gagnon credits the fitness classes for helping her prepare for the season.

"I thoroughly enjoyed it. It was definitely worth my time. It got me into shape last year for spring training. I would recommend it to anyone who wants a good workout," she said.

Not only can you take these classes to strengthen your muscles, but they are also a good way to meet other students.

"Having the motivation of a friend or an instructor often helps in the process of getting in shape. We are actually working together with Wellness right now to promote student participation in the Calabasas 5K Classic on Nov. 8," Cripps said.

"The idea is to have students work out together to prepare for the race. I think there is a great community opportunity when it comes to fitness and wellness. That is why the classes seem to work."

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Regals' perfect road record to be tested this week

Regals enter the second half of the season today

Brandon Kennedy
Staff Writer

Before starting its second run through the SCLAC gauntlet, Cal Lutheran handed an undefeated Augustana (Ill.) team its first non-victory of the season.

The Augustana Vikings scored early in the game on a shot by sophomore Erin Coulson.

That was the last time the Vikings scored in the contest.

Less than two minutes after Coulson's goal, sophomore Aubrie Smith headed a Kelsey Sullivan cross into the back of the net, tying the game.

The Regals continued to outshoot the Vikings for the rest of the first half, but no more goals were scored in regulation.

Goalkeeper Kristin Borzi made two clutch saves late in the second period and in overtime, prevented a Regals' loss and ended the game in a tie.

Coming off of a heartbreaking overtime loss to the University of Redlands, the Regals came out poised and ready to not only get the terrible taste of a hard-fought overtime defeat out of their mouths, but also to get their first home win of the season.

The women's soccer team shut out the La Verne Leopards last Saturday, Oct. 3, completing



Photo by Laura Dale - Staff Photographer

Dogfight: Kaylee Kirk goes up for a challenge against two Bulldogs.

those two tasks.

The Regals have a 9-1-1 home record against the Leopards and the last time La Verne beat Cal Lutheran at home was on Sept. 13, 2006.

Junior forward Brittany Clark

started off the domination of the lady Leopards, scoring with just over 20 minutes left in the first half and again with just under 11 minutes left in the same half.

It came as no surprise that Clark was able to score at least

one goal, considering she is averaging one goal per game against the Leopards. Clark is also the team's leading goal scorer with six goals on 22 shots.

"We played our game," Clark said.

This was evident after watching the Regals come together as a team and roll over La Verne.

Clark said she felt the team kept possession of the ball well, and that they need to keep the momentum they gained in this game and take it into Sunday's game against Augustana.

A bigger rivalry for the CLU women's soccer team took place Wednesday, Sept. 30, against the Redlands Bulldogs.

This game featured two great defensive teams, which kept the score low. However, the Bulldogs were able to score first, giving them an advantage.

The Regals were not ready to give up though.

They came right back in the second half with an Smith goal to tie things up and eventually sent the game into overtime.

An additional 11 minutes were put on the clock and both teams took the field, neither wanting to go home on the wrong side of the scoreboard.

It looked like the game would be sent into a second overtime due to both teams' defensive abilities.

However, Redlands was able to break free of the Regals' defense and put one in the net shocking not only the home team, but the

spectators as well.

While you can always find areas to improve after a loss, there are also things that the team did well, head coach Frank Marino said.

"We did a good job of coming back after being down," he said.

Marino added that it takes a lot of mental strength to come from behind and tie the game, but it hurts when you put in all that effort and end up losing a close battle.

He also mentioned that the team defended well and will do what it has to in order to prepare for the next conference games.

In the middle of the tough defensive battle was sophomore defender Rebekah Casas.

"We kept pushing," Casas said.

Determination was an important factor in sending the game into overtime.

She also mentioned that they need to win more balls in the air to win more conference games.

It's hard to see on paper how hard the defensive players work in a soccer game but the score being tied at one when the regulation buzzer sounded is some indication of their persistence.

On deck

VS

REGALS

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Today 4 p.m.

Kingsmen polo ends non-conference play at home

Sara Grimes
Staff Writer

Not only will they one day be protecting our country but they are treading water as well. Air Force defeated CLU Sunday, Oct. 4, 14-5. The men's water polo team lost four of five games played this weekend, but with heart and determination the team's aspirations and goals remain strong.

"At our first team meeting the goal was made clear. There was only one, and it was to win the conference," assistant coach Matt Warshaw said.

Sophomore driver Brian Giegoldt contributed two goals and two steals in this rough game against Air Force. Senior 2-meter Scott Bergemann, sophomore 2-meter Brandon Gross and senior 2-meter Matt Heagy also aided in four goals of the game. Senior goalkeeper Jordan Bouey held strong with seven saves.

"We love playing Air Force. It is always a great challenge for us and a fun game to play because they love to be physical and so do we," Bouey said. "It's always a pleasure to play against men that you know will be protecting your country in the near future."

Twin brothers Brian and Brandon Gross were the leading scorers in Saturday's games at the Convergence tournament, with one ending in a two-goal loss and the other in victory.

After opening on Saturday, Oct. 3, with a 10-8 defeat by Chapman Uni-

versity, the defense stepped it up a notch ending the day games with a 19-4 win against Penn State-Behrend.

Gross had three goals against Chapman, with other goals by sophomore utility Jordan Meaney, junior driver Mikey Blanchard, junior driver Wes Lewis and Giegoldt. Bouey helped

keep the game close with five blocks.

In Saturday's victory against Penn State-Behrend, Brian led the team's win with five goals. Other leading scorers, senior 2-meter Ricky Mulcahey and Heagy, each added three goals to the team's 19 goals.

"The focus of this weekend was go-

ing to be defense. Defense. Defense," Lewis said.

Following through with their goals the team played a strong defense, as well as offense. Goalkeeper Matt Baerg had two saves and goalkeeper Danny Mock aided another five. The team had a total of 12 steals as a whole,

which showed just how hard the team's defense was working.

Friday's games ended in two losses for CLU but not without a fight. They lost to George Washington University 10-9 and concluded the day's games with a 10-8 loss against Johns Hopkins.

Heagy led the team against George Washington University with three goals. Other goals were made by Mulcahey, Blanchard and Brandon. Freshman Carter Baldwin also aided in two goals and four steals for the game.

"Expectations for the weekend were to go out, compete and play good defense," Heagy said.

Bouey had 10 saves against Johns Hopkins University and Heagy aided the team with two goals and four steals. The game was a close call, with CLU leading the end of the third period 7-6. The Kingsmen fell behind in the fourth period, giving the Blue Jays the win.

"This weekend's games are the last tune up before we open conference play on Oct. 17. We will be putting all our focus into our defense knowing that once the conference games start they will more than likely come down to a goal or two each game," Warshaw said.

The team has about two weeks off to prepare for conference and aim for their goals. CLU will be hosting its first match Oct. 17 at 11 a.m. against Whitier College. The Poets and Kingsmen have played twice this season each taking home a win.



Photo by Laura Dale - Staff Photographer

Playing it tight: The Kingsmen played all of their opponents close over the weekend, managing one victory.

Kingsmen defense erases the Poets' offensive effort

Allie Mansfield
Staff Writer

The Kingsmen football team of California Lutheran University met their opponents center field for the conference opener, at Mt. Clef Stadium on Saturday. Both players and coaches had a legacy to live up to.

Dating back to 2001, the Kingsmen have had eight consecutive wins and a record of 11-0 at home against the Whittier College Poets.

Following a bye the past week, the Kingsmen came prepared to win; they delivered with a 45-14 victory over the Whittier Poets.

"If you keep working hard and practice hard, good things will follow," coach Ben McEnroe said of the team's effort over the last two weeks of practice.

Their hard work paid off. Within the first five minutes of the game, senior running back Brian Stuart ran untouched for 37 yards into the end zone, giving the Kingsmen a 7-0 lead.

The lead was short-lived for the Kingsmen. Sophomore quarterback Alesana Sausau of Whittier ended a 12-play, 68-yard drive, with a 1-yard touchdown, ending the first quarter in a 7-7 tie.

The Kingsmen's defense kept the pressure on the Poets' offense, forcing Sausau to give up back-to-back intentional groundings and a loss of two downs. Sausau, who averages 223 yards in the air and 71 yards on the ground per game, was held to just 63 yards passing and minus 7 yards rush-

ing, credited to the defense's great effort.

Junior defensive lineman Jordari Barta lead the game with five solo tackles and a new career-high, with three sacks. He also forced an intentional grounding and helped hold the Poets to just two touchdowns in the game.

"I loved it," Barta said of his three sacks. "It's every defensive lineman's dream to get that many sacks in a game, but I was not the only person on the field. Everyone played well, the defense would fall apart if we didn't work together."

Along with Barta, senior defensive lineman Sawyer Merrill and junior linebacker Matt Allen made additional sacks of the Poets' quarterback. Junior defensive lineman Alexander Moe achieved the team-high of nine tackles, followed by junior safety Eric Lopes with eight.

"We had our ups and downs, but we played our positions well and accomplished what we had to," Merrill said.

The Kingsmen took the lead in the seventh minute of the second quarter, when freshman defensive lineman Rian Younker intercepted a Sausau pass and returned it for a touchdown.

"We did great today, everyone did their job, and it was a great effort by the entire offensive line," junior offensive lineman Marc Valdez said.

The Kingsmen offense contributed six touchdowns to secure a win. The offensive line didn't allow a single sack on quarterback Jericho Tololo.

"The o-line did a great job at giving me time and keeping the defense off



Photo by Marx Buchanan - Staff Photographer

Click six: Rian Younker celebrates his interception return for a touchdown.

me, along with opening big holes for Stuart," Tololo said.

Tololo threw for two touchdowns on 183 yards and completed 13 out of 20 pass attempts, found junior wide receiver Christian Edwards in the end

zone with a 15-yard scoring strike, bringing the score to 20-7 at the end of the second quarter.

With 44 seconds left in the first half, Tololo took the offense down the field in just three plays, and then found se-

nior wide receiver Chris Hammond in the far corner of the end zone for a touchdown and a 28-7 lead.

Following the half, the Kingsmen went on a 12-play, 71-yard drive, capped off by Stuart making his second touchdown of the game, giving CLU a 35-7 advantage.

Whittier found themselves in the end zone in the eighth minute of the third quarter after a 93-yard kickoff return by Whittier's Oresse Hoyes, bringing the score to 35-14.

On CLU's next drive, Tololo went four-for-five on a 62-yard drive, allowing Stuart to make a three-yard touchdown for his third and final touchdown of the game, ending the third quarter with a 42-14 Kingsmen lead over the Poets.

Junior kicker Thomas Markussen added to the Kingsmen score with a 26-yard field goal to bring the final score to 45-14.

Both players and coaches are excited for next weekend's conference game against Pomona Pitzer, and are not worried about how their team will play while on the road.

"We will do fine on the road; the guys know how to prepare. It's been two years since we lost a conference game on the road, and we hope to continue that record next week," McEnroe said.

CLU (2-1) faces off against the Sageshens of Pomona Pitzer (2-1) on the road Saturday at 1 p.m. The Kingsmen will meet back here at Mt. Clef Stadium Oct. 17th at 1 p.m. for the Homecoming game against Claremont-Mudd-Scripps.

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Chicago
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for 2016

Page 2



Relay
for Life

Page 5



Men's soccer
beats C-M-S

Page 11

October 14, 2009 Vol. 54 Number 4

the Echo



Photo by Doug Barnett - Photo Editor

Set to kill: Senior Graeme Bill, captain of the Knights Volleyball club team, takes a swing from the outside. The newly-approved team meets Tuesday and Thursday nights for practice in the Gilbert Sports and Fitness Center.

Senate approves new clubs

Newly approved
groups to pursue
diverse interests

Vanessa Lara
Staff Writer

Have you ever considered starting a new club at CLU?

Miles George and Graeme Bill have, and as a result there is now an art club and a men's volleyball club on campus.

"I realized that there wasn't a club that celebrated art and the creative works of students and other artists," said George, Art Club president.

George and Bill, along with several other perspective clubs, took the necessary steps to create their clubs by first having a club idea and advisor, writing up a petition for formal recognition including the club's constitution and then submitting it to Senate for the approval process.

The club ideas were then presented to ASCLU-G Senate, where members discussed any questions they might have had about the clubs. From there, the Senate voted on the clubs' approval.

Depending on whether a club is approved or denied, the process of allocating money follows.

"After the club is approved, the club submits a budget request for the year. Then we [Senate] review

it. We discuss and see how much is being spent," sophomore senator Michael Zavala said.

ASCLU-G Senate has approved 10 new clubs for the 2009-2010 academic year, including Knights Volleyball Club, the Art Club and the Ballet Academy.

George already has an agenda for Art Club this year.

There will be a graffiti day where the club will graffiti boards and T-shirts, a Jackson Pollock day where they will splatter canvases, trips to museums and they will attend gallery receptions in the Kwan Fong Gallery.

For its service project, Art Club plans to bring art into the community by painting individual tiles to make up a famous painting, and donating it to the Boys and Girls Club of America.

The club approval process has not changed, but the process of allocating funds to clubs has.

In the past, the Student Organizations and Publications Committee met to allocate funds to the different clubs.

This year the entire Senate makes these decisions.

According to Zavala, the change is not necessarily easier or harder, it is just more time consuming for senate.

deal with clubs and organizations," Zavala said

Senate has spent a majority of its past three meetings discussing the clubs and the allocating of money, not allowing Senate to break into committees to discuss other student concerns.

"I feel that it's a waste of Senate's time," Zavala said.

"We spend most of the time arguing, nitpicking about clubs and most of senate time is wasted on heated discussion."

The process of allocating funds seems to be more troubling to the Senate than it is for students who want to establish a club.

"The Senate meeting allowed time for new clubs to come explain what will be happening with the club and what is to be expected to come from the club," George said.

"It's great because they can also invite the new club to be a part of upcoming events."

Although the process of allocating money to clubs has changed, students can still look forward to presenting their ideas and beginning a new club or organization.

"The goal of the changes was to make things easier and simpler for clubs," Senate Director Beth Peters Berry said.

All the information and forms can be found online at http://www.callutheran.edu/student_life/clubs/statting_a_new_club.php.

Afghan war poses dilemma for Obama

Hanna Halldorsdottir
Staff Writer

This week President Obama has been meeting with his National Security Team discussing strategies for the war in Afghanistan.

The top military commander, in Afghanistan, Gen. Stanley A. McChrystal, has recommended deploying an additional 40,000 troops.

Obama now has to decide whether to support the request or to continue with the strategy he approved last March, which focuses on training the local Afghan police and army to fight the Taliban.

"The Obama administration seems to recognize that the current strategy is having limited success," said Haco Hoang, associate professor of Political Science at California Lutheran University. "The Taliban are resurgent, and there is limited support for U.S. presence in the country even among critics of the Taliban and Muslim moderates."

On Aug. 30, McChrystal submitted a 66-page report on the current situation to Defense Secretary Robert M. Gates, according to the New York Times.

An unclassified copy of McChrystal's assessment, with some details removed upon request from the Pentagon, was posted on the Washington Post Web site.

In the report, McChrystal introduces a new strategy that calls for further resources, both in the form of increased finances and more manpower.

McChrystal writes, "The U.S. Strategy and NATO mission for Afghanistan both call for a committed and comprehensive approach to the strategic threat of an insecure and unstable Afghanistan. Through proper resourcing, rigorous implementation and sustainable political will, this re-focused strategy offers [the International Security Assistance Force] the best prospect for success in this important mission."

Herbert Gooch, director of the Masters in Public Policy and Administration program at CLU, worries that these added troops might only be the start of an extended U.S. presence in Afghanistan.

"It looks like we are just getting

ourselves in deeper and deeper," Gooch said. "So, I am not sure how they are going to find their way out of it."

On Tuesday, Oct. 6, one day prior to the eighth anniversary of the war, Obama held a bipartisan meeting where he discussed ideas on how to proceed in Afghanistan. Key members of congress shared their views with the president during this meeting.

"I think all of us recognize the president has a very difficult decision to make," House Republican Leader John Boehner told reporters.

"I think he was honest about wanting our input and our advice."

The Democratic Party is split, with some Democrats recommending Obama take McChrystal's advice and send more troops to Afghanistan.

Sen. Dianne Feinstein, D-Calif., who heads the Select Committee on Intelligence, urged Obama to take the general's advice.

"I don't know how you put somebody in, who was as Crackerjack as Gen. McChrystal and gives the president very solid recommendations, and not take those recommendations," Feinstein said in an ABC interview.

Others, such as Sen. Carl Levin, D-Mich., are opposed to sending more troops.

"At this time, don't send more combat troops. The surge that will work in Afghanistan will be a surge in Afghan troops," Levin told NBC.

According to Senate Minority Leader Mitch McConnell, R-Ky., most Republicans support the deployment of additional troops.

Sen. John McCain, R-Ariz., warns President Obama about the danger of a "half-measure."

"The great danger now is not an American pullout," McCain told CNN. "The great danger is a half-measure."

Recently winning the Nobel Peace Prize creates additional pressure on Obama.

"He now has the added pressure of confronting these problems while living up to a very high moral standard in the eyes of the world," Hoang said.

"These may be unrealistic expectations but it is a burden he must carry as he embarks upon a new strategy in Afghanistan."

NEWS

Forecasting team enhances economics department

Lynn Clahassey
Staff Writer

Would you like to know what the future of the U.S. economy is going to be? CLU has opened a new research center dedicated to the study and forecasting of the economy.

It was on June 1, 2009, that California Lutheran University decided to take the U.S. economy into its own hands by establishing the Center for Economic Research and Forecasting (CERF).

The center focuses on locating, collecting, analyzing and evaluating data in hopes of providing a better outlook on where the economy is headed.

"The main focus of the center is to create U.S. economic forecast presentations for anyone interested in knowing more about where the economy will most likely advance," said Kirk Lesh, senior economist.

The CERF building is made up of a team of three professional economists.

When CLU had offered the right facilities needed to create an economic forecast center of its own, the decision to move the economic team to Thousand Oaks from its former home on the University of California Santa Barbara's campus was finalized.

"CLU is so fortunate to have

three amazing men working in the CERF building," senior intern Kjersti Framnes said. "If it wasn't for them coming to our school, I don't know what the future of the economics program would have been like."

Every day is a new challenge for everyone working in the center.

With economy.com being one of the economic archives used on an everyday basis, one never knows what new statistics await discovery.

The center has its own blog and Twitter account, which has become an important asset in knowing what is going on at all times.

Economists Bill Watkins, Dan Hamilton and Lesh are being kept busy as they are constantly viewing data and working together in composing the next economic forecast.

"In order to achieve growth in the program, we all need to stay on top of our priorities; growth in the center would mean so much to us," Lesh said.

Along with presenting CLU and the general public with the economic forecasts, the CERF building helps the university with providing an excellent economics master's program.

Both undergraduate and graduate economic students have engaged themselves in this pro-



Predicting the future: From left to right, economists Kirk Lesh, Dan Hamilton and Bill Watkins make up CLU's new Center for Economic Research and Forecasting. The three work to provide timely, accurate analysis and predictions about the economy.

gram with great success.

Students that receive a bachelor's degree in economics will now have the convenient opportunity to move straight into the master's program.

"The CERF building on campus provides such an amazing benefit to the economics master's program. Being part of the master's program is such a privilege," junior Molly Clancy said.

Those interested in receiving

an internship will be excited to know the CERF building offers interns the ability to obtain a firsthand experience in dealing with economics.

Students leave the internship with confidence and capabilities to work with economics in the real world.

"I was very lucky to receive an internship here in the CERF building. I love working here," Framnes said.

"I feel like I am attaining such valuable information, and the people that I work with are so kind."

CLU's establishment of the CERF gives the economics department a chance for extreme growth and development. CERF should be something that CLU becomes known for.

To follow all of the happenings of CERF log on to their Web site www.clucrf.org.

Rio blows away Windy City to host 2016 Olympics

Jackie Rodriguez
Staff Writer

10,000 people had the Olympic dreams crushed on Friday, Oct. 2, as the host city for the 2016 Olympic games was announced at Chicago's Daley Plaza.

Despite appearances from both President Obama and Oprah Winfrey, Chicago came in last place among the four cities competing for the hosting honors.

The thousands in attendance were completely shocked when they received the news.

"I am dumbfounded; utterly speechless," David Long, an on-looker at the Daley Plaza, told the L.A. Times.

Chicago did not make it out of the first round and only received 18 votes, according to the Ventura County Star.

Chicago competed against three other cities from around the world including Rio de Janeiro, Madrid and Tokyo.

In the final round, Rio received 66 compared to Madrid's 32.

Although there are many speculations as to why Chicago lost the bid, some argue that the tension between the International Olympic Committee and the United States Olympic Commit-

tee was the primary reason.

"This was the IOC membership saying to the USOC there will be no more domestic Olympics until you join the Olympic movement," Dick Ebersol, NBC sports chairman, told Philip Hersh of the L.A. Times.

Chicago never had a chance due to the friction between the two Olympic Committee groups, Ebersol said.

Despite efforts made by President Obama and Oprah, some students at California Lutheran University feel like it was too late.

"Obama would have had a bigger impact if he would have lobbied for support earlier and made more headlines in the media," graduate student Kristina Rodriguez said.

Although Chicago's loss may have shocked some people, some students at CLU were not as surprised.

Junior Mari Escamilla thinks that the IOC members actually made a good decision in not choosing Chicago.

"If the U.S. and the International Committee can't seem to get along or work together, it's best to avoid possible confrontation. If they would have done it in Chicago, there would have

been constant problems between the two," Escamilla said.

In addition to the new location, there will also be new sports added to the list. According to

sify.com, golf will be making its Olympic comeback and rugby will make its debut appearance at the 2016 games following its recent approval by the IOC.

Although Chicago will not host the 2016 Summer Olympics, this experience can hopefully serve as a learning lesson for the next Olympic bidding session.

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All tuition and fees go back to students

Jesse Knutson
Staff Writer

Tuition for a full-time undergraduate student at CLU is \$14,490 per semester. This number doesn't include room, board or other miscellaneous fees, which can add thousands to what one owes the university.

The biggest question on some peoples' minds is why does California Lutheran University cost so much? And second, where does all the money go?

The number, approved by the Board of Regents of CLU, was \$72,534,000 in tuition and fees from students.

This initial number will increase with the unexpected amount of graduate students, increased numbers of students living on campus and increased summer revenues.

Students get about 30 percent, or \$21,246,000, of tuition fees back in the form of financial aid. Bringing the net amount of tuition to \$51,288,000.

In addition to what students pay, the university receives money from sales and services, unrestricted giving, the endowment of the university, releases from restrictions, federal grants and other income according to the 2005-2006 Unrestricted Expense Report.

The total number after financial aid has been taken from the budget is \$58,055,000.

The remaining \$58 million is distributed to pay professors' salaries, general upkeep, renovations and student services.

All of the money from tuition and fees is put directly back into CLU, creating a net number of zero.

So where does money come from for large capital expenditures including Gilbert Sports and Fitness Center, Trinity Hall, The Swenson Center for Academic Excellence and other recent additions to CLU?

None of the money that students pay in tuition or fees went toward painting Gumby gold for the 50th anniversary or to the building of Trinity Hall, a cost of \$14 million.

"No new building comes from what a student pays in tuition," said Bill Rosser, vice president of Student Affairs and dean of students. "Gilbert Sports and Fitness Center, Trinity Hall, Swenson, and all new buildings come from gifts or bonds from the state of California, which is paid off over time."

For example, bonds from the state of California funded Trinity Hall. Bonds can only pay for the building if there is some source of income, so in sorts Trinity is paying for itself.

Per semester, Trinity Hall costs \$4,200 for a standard room and \$4,425 for a studio.

With 220 beds in Trinity, students will pay about \$2 million for a full year of housing in Trinity. That money is used to pay off the bonds.

The money for other buildings and projects comes largely from gifts and pledges, which amounted to \$12.5 million last year.

On top of that, the Annual Fund raised \$575,000 this past year. The Annual Fund distributes money to every aspect of the university, including sport uniforms, lab equipment and library improvements.

Restricted and endowed scholarships amount to \$1.6 million. All of which goes back to students, helping some students pay for their education.

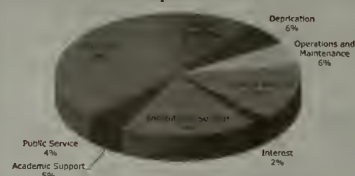
"CLU wouldn't have been an option for most students before donors. This place will change lives," said Stephen Wheatly, vice president of University Advancement and CLU alumnus.

"Students should realize they are here to support the next generation. So as you benefited from someone's generosity, hopefully you will continue for your son, daughter and others."

Donors have made a huge difference on our campus, from raising new buildings to supporting new

Breaking down the CLU budget

Unrestricted Expenses 2005-2006



CLU total assets in millions



Source: 2005-2006 Unrestricted Expense Report

projects.

"I was in the 13th graduating class. It's rewarding to know that work done and donors' generosity made a difference in someone's life," Wheatly said.

Wheatly also explained that gift revenues from CLU's graduates over the past three years is over \$9.3 million, which is a notable

amount compared to other similar small schools average out at \$5.8 million.

"Here in advancement, we make sure we're providing the students with the best experience possible," Wheatly said.

"Ten to 15 years from now, if we stayed the same, would we be attractive to new students?"

Guantanamo's tricky fate

Obama struggles with decision to shut down the prison

Alyssa Harris
Staff Writer

President Obama has pledged to shut down Guantanamo Bay by Jan. 22, 2010, due to rising global concerns over the use of enhanced interrogation tactics.

Guantanamo Bay was bought in 1903 by the United States in order to be used as a coaling station.

According to Globalsecurity.org, "The primary mission of Guantanamo Bay is to serve as a strategic logistics base for the Navy's Atlantic Fleet and to support counter drug operations in the Caribbean." The controversy lies in the alleged cruel treatment of prisoners who are being kept there.

The rising concerns are becoming a top international issue due to the United States current war on terror and the international implications.

"There are two primary issues related to Guantanamo Bay prison," said Haco Hoang, associate professor of Political Science.

"One is legal and one is political. On the legal front, the United States must really think about whether domestic or international law applies to suspected terrorists and under what conditions. If they are considered criminals under domestic law, the Miranda rights must be applied but terrorists are not criminals out for profit be-

cause their concerns are political.

In 2001, the Bush administration decided that any non-citizen who was suspected of being involved in terrorist acts could be detained at Guantanamo Bay.

The detainees are not protected under the Geneva Convention. This has caused controversy all over the world because these suspects are not being treated with the same rights that all citizens are entitled to.

"I do not think that Guantanamo Bay should be closed," said Beth Palko, a sophomore International Studies major.

"Terrorists and war criminals should be punished according to international law and if imprisonment is a condition for punishment, then so be it."

President Obama has been criticized for planning to shut down the prison because his administration does not have a complete plan to deal with the inmates after Guantanamo Bay is closed.

Guantanamo Bay will remain a controversial issue until it is either shut down or until the prisoners are punished according to International law and given protection according to their rights.

"Some citizens have lost faith in themselves," said Nukhet Sandal, Global Studies professor. "This should not come as an expense of the faith of your citizens in the rightness of the U.S. actions."

The new controversy will be to decide where the inmates will be sent and if they will be tried in court for the crimes they have committed.

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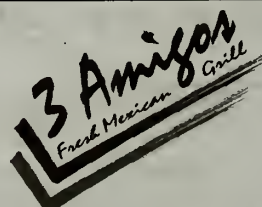
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CALENDAR

| Wednesday Oct. 14 | Thursday Oct. 15 | Friday Oct. 16 |
|---|--|--|
| <ul style="list-style-type: none"> University Chapel: Stine Odegard: Committed to Justice 10:10 a.m. Samuelson Chapel Common Ground: McKenzi Nurick and Rachael Manzo 9:11 p.m. Samuelson Chapel Midnight Madness 11:15 p.m. Gilbert Sports and Fitness Center | <ul style="list-style-type: none"> Homecoming Coronation Ceremony 8 p.m. Lundring Events Center | <ul style="list-style-type: none"> Alumni and Friends Golf Classic 11 a.m. Malibu Country Club Homecoming Carnival 8 p.m. Memorial Parkway |
| Saturday Oct. 17 | Sunday Oct. 18 | Monday Oct. 19 |
| <ul style="list-style-type: none"> Alumni Choir Reunion and Rehearsal 9:30 a.m. Samuelson Chapel Alumni and Family Festival 4 p.m. Gilbert Center Courtyard Homecoming Dance 8 p.m. Jillian's at Universal City Walk | <ul style="list-style-type: none"> Homecoming Worship 10 a.m. Samuelson Chapel Celia Whittler Concert 7 p.m. Samuelson Chapel | <ul style="list-style-type: none"> Divorce Law and Mediation: Howard Levitt 5 p.m. Lundring Events Center |
| Tuesday Oct. 20 | Next Week Oct 21-Oct. 27 | |
| <ul style="list-style-type: none"> Oil Paintings from Svelata All day. Kwan Fong Gallery | <ul style="list-style-type: none"> University Chapel: Ron Culmer Common Ground: Brittany Mowry The Need: Mika Cole CLU's Anniversary Bash Founders' Day Concert Urban Excursion Artists and Speakers Series | |

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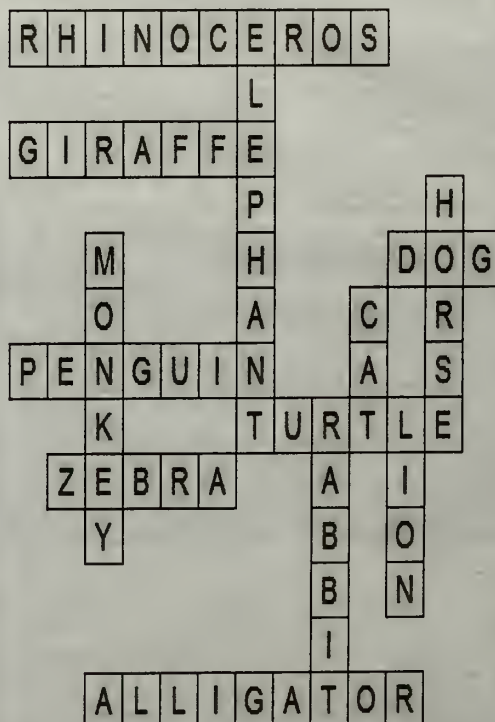
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FEATURES

Latin American students celebrate heritage

Alexandra Butler
Staff Writer

Passion is when you care so deeply about something it becomes you.

This month is Hispanic Heritage Month, which started on Mexico's Independence Day on Sept. 16 and ends Oct. 15. This month celebrates the passion for Hispanic culture and traditions.

Passion is almost an understatement. The start of the month is one huge festivity to rejoice and have a good time. Picture more than 1,000 people gathering in Mexico City to share their joy and enthusiasm for their heritage.

Sandra Santiago is a CLU student who has been there to celebrate. "You can hardly walk; it's crazy. People even have their faces painted," Santiago said.

On Mexican Independence Day, the city holds a firework extravaganza. Some fireworks even look like famous faces. As a midnight tradition, the president of Mexico rings a bell three times, and everyone cheers. This kind of camaraderie is about the passion for the culture.

"Being Hispanic is about being family oriented and eating traditional food, especially sweet bread and tacos. It brings everyone together to socialize. The reason we do things is to spend time together, with family," Santiago said.

Día de los Muertos is another important tradition. Santiago's favorite memory is the altar-making contest held by her school when she was young.

"One year we were really into it; we had so many chocolate skulls and we used traditional Mexican flour that is orange. We actually won, but I remember we had a lot of candles so at the end of the competition the chocolate started to melt and we got to eat it. We had so much fun," Santiago said.

These kinds of memories do not have to stay in Mexico. In fact, people can experience them right here on the CLU campus.

Hispanic Heritage Month is being celebrated here at CLU by the Latin American Student Organization.

Three words to define Hispanic culture would be culture, tradition and pride.

LASO President Yeraldy Torres

Yeraldy Torres said. This is a club at CLU that had its own tradition for Mexican Independence Day.

Venüs Tamayo, a CLU graduate and LASO advisor, is very proud of her heritage. "For the Mexican Independence Day, LASO recreated flags of countries and walked to Gumby," Tamayo said. LASO embraces and celebrates many Latino traditions.

"It means learning about things Hispanics have done and being proud of the people who lived before us and still move forward," Torres said.

Tradition is very important to Latino culture. Food is one of the best parts of the traditions. People put their hearts and souls into making traditional foods such as sweet breads and tortas. These foods gather families around the table to laugh, dance and enjoy each other's company.

Hispanic Heritage Month celebrates friendship. LASO does not need a declared month to recognize how unique and determined its ancestors are.

"Our culture revolves around people and community. My favorite tradition growing up was my grandmother gathering the fam-

ily and making tamales," Tamayo said. "I still don't know how to make them, but every year my family gathers and tries to recreate that feeling and celebrate my grandmother."

The club has grown to a total of 30 to 40 people and is hosting many upcoming events.

Día de los Muertos will be celebrated on Oct. 29 at 7 p.m. in the SUB. The next event is an annual appreciation dinner for the hard-working staff on campus on Nov. 21. This tradition started when international students were culture shocked by coming to CLU; by talking to the staff they were able to find a piece of home. The dinner is now a LASO tradition.

On Dec. 6, LASO has its Las Posadas tradition. This is a reenactment of Mary and Joseph where LASO and people from the Thousand Oaks community gather and sing around campus. Their journey ends at Gilbert Sports and

Fitness Center for hot chocolate and sweet bread.

LASO is a place where people come together for fun and friendship over a common passion of their heritage. If you love talking to people, LASO encourages you to come to their meetings and get passionate.

"Three words to define Hispanic would be culture, tradition and pride," Torres said.

Here is a recipe for the traditional bread eaten on Día de los Muertos: *Pan de Muertos* by Karen Hursh Graber © 2006

Ingredients:
1 1/2 cups of flour
2 cups of sugar
1 teaspoon of salt
1 tablespoon of anise seed
2 packets of dry yeast
1/2 cup of milk
1/2 cup of water
1/2 cup of butter
4 eggs

3 - 4 1/2 cups of flour

Preparation:
Mix all dry ingredients together, except the 3 - 4 1/2 cups of flour.

In a small pan, heat milk, water and butter. Add the liquid mixture to the dry mixture. Beat well.

Mix in the eggs and 1 1/2 cups of flour. Beat well.

Mix in the rest of the flour, little by little.

Knead the mixture on a floured board for 9 to 10 minutes.

Put the dough in a greased bowl and allow it to rise until it has doubled in size (about an hour and 30 minutes).

Punch the dough down and reshape it with some "bone" shapes on top to decorate it.

Let it rise another hour.

Bake at 350 degrees F for about 40 minutes.

After baking, sprinkle the bread with confectioner's sugar and colored sugar and enjoy your own Pan de Muertos at home.



Celia Whitler
Oct. 18th
7pm - 8:15pm

California Lutheran University
Samuelson Chapel

Celia Whitler is a singer, songwriter, author, speaker, friend, wife and mom. She enjoys a good laugh, a well told story, connecting with people through her music and through travels. "When it comes down to it, there is something really sacred about telling our story and about hearing each others stories. I just happen to do that through song."

Celia has sung for more than 1,100 concerts and events in 45 states, the DC area, Europe and a number of national church events. Those events combined with songwriter concerts in secular venues have put Celia in touch with people and their needs. "I believe that we all hunger for someone to share themselves with us -- so that we know we are not alone."

There is much more to learn about Celia and her work. It can be found on her website at <http://www.celiamusic.net> - including her blog, calendar, a free monthly email newsletter and links to social networks.

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more Celia info go to www.celiamusic.net

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Residents come together to fight for a cure

Kendal Hurley
Staff Writer

People from all over Ventura County, who were once in hospitals battling deadly forms of cancer, were able to come together to celebrate their health and fight for a cure at the annual Relay for Life on Oct. 10 and 11 at Royal High School in Simi Valley.

Sponsored by the American Cancer Society, the two-day annual event has been held in various cities for the past 25 years. This year's theme was "The Power of a Dream."

There were 134 teams consisting of 1,736 participants who signed up in this year's event.

"Our goals for this event are, in addition to remembering those who have died of cancer and honoring the survivors, to raise \$125,000 through online donations and \$400,000 total," said Roger Stock, online chairperson for the event. "We have already reached the online goal."

As of Oct. 9, the organization has received over \$133,384 through online donations.

On Oct. 10 there was an open-

ing ceremony, and the participating cancer survivors began running or walking their first lap. Throughout the rest of the

"We are getting closer every day to eliminating cancer from the world."

Relay for Life
Chairperson
Pam Stock

died from cancer. The names of the people were said aloud and the participants completed the rest of their laps in silence.

Music continued through the night to symbolize the fact that cancer never sleeps.

The final laps and closing ceremony took place early Sunday morning.

"We are getting closer every day to eliminating cancer from the world. You are all a big part of this dream," said Pam Stock, event chairperson, in an online

letter to participants. "All the money raised for this event will go toward research and the programs that the American Cancer Society provides for cancer patients."

People came out to the event for different reasons. Some people who came out to walk laps in the event were once battling various forms of cancer themselves.

The event was, in part, to celebrate their well-being and inspire others. Some people came out to honor those they had lost. Others came out just to support a good cause.

Relay for Life started this annual event in the 1980s when a doctor decided to run a marathon to raise money for his patients. He ran for 24 hours, covered 83 miles and raised \$27,000 to help fight cancer. A committee was put together to develop fundraising relay events, and the first



Photo by Zak Kieran - Staff Photographer

Walking for a cure: Community members walked all weekend to raise money for cancer research at the Simi Valley Relay for Life event.

official Relay for Life event took place in 1986.

According to Cancer.org, the estimated number of new cancer cases that have developed or will develop in 2009 is 1,479,350. It is estimated that there will be over 152,000 cases in California alone.

The American Cancer Society predicts that in 2009 there will

be about 169,000 cancer deaths that are caused from the use of tobacco. All cancers caused by cigarettes and alcohol can be prevented, and these high cancer rates should be a warning to users.

Relay for Life events are held in different cities all over the nation each year, so look for a way to get involved in a worthy cause.

CLU raises cyber security awareness

Jarrod Marini
Staff Writer

Do students know that their entire identities could be stolen in just seconds?

Most students do not realize the severe ramifications of weak usernames and passwords.

Digital information can hold a great deal of private data, which is very important to keep safe and secure from online phishing scams.

"Phishing scams? I have never even heard of the term before," said Brienne Carroll, a sophomore at California Lutheran University.

The term "phishing scam" refers to the criminally fraudulent process of attempting to acquire sensitive information such as usernames, passwords and credit card details by acting as a trustworthy source on the Internet, according to Oxford University.

Whether it is a home computer login password or a few confidential files containing personal data, passwords can be stolen at any time by anyone.

The purpose of Cyber Security Month, put on by the Information Systems and Services (ISS) department at CLU, is to help spread awareness and get students to focus attention on cyber security.

The CLU cyber security Web site now offers students the

chance to visit helpful links and information in an effort to better safeguard their own online accounts and computers.

Today students seem to be so caught up in their homework assignments or part-time jobs and internships that they don't find the time to make

"Cyber security is everyone's responsibility, including yours."

ISS director of
Client Services
Sue Bauer

sure they develop strong passwords that limit the chances of having their identities stolen.

"Students these days want quick and easy usernames and passwords so that they are easy to remember," said Lauren Dakin, a senior student at CLU.

It is very common amongst most students to disregard any cyber security warnings until they become a victim.

"Cyber security is everyone's responsibility, including yours," said Sue Bauer, director of Client Services for ISS.

According to Bauer, the first and foremost line of defense is a strong password.

Without a strong password, virtually anyone who knows you could figure out what your password might be.

The second step is to insure all

computer information is safeguarded with good password protection.

For instance, sending passwords or other classified information through e-mails or instant messages could lead to identity theft.

Securing access to your computer and installing anti-virus software are also vital aspects of cyber security.

Locking a computer will help to prevent anyone from accessing information from a computer or laptop surroundings.

Also, constantly checking for anti-virus software updates will help to prevent any attacks from within.

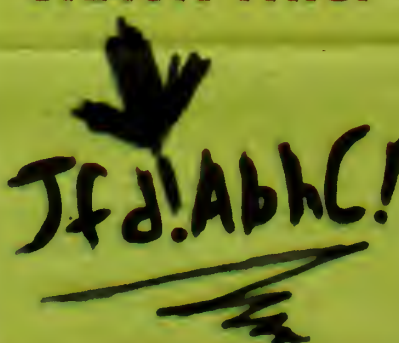
Updating your computer's operating system is another great way of combating this problem. Operating system updates usually provide security fixes and patches, which safeguard your entire system.

Lastly, fraudulent e-mails and attachments are the most frequently recognizable methods of online phishing scams.

Thankfully the ISS office at CLU is doing everything it can to get the message out to students about this ongoing problem with cyber security and phishing scams, so don't be the fool who takes the bait and gets his or her identity stolen.

For further information, visit the ISS Web site or call (805) 493-3250.

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the Echo
2009-2010

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The Fashion Plate: A well balanced serving each week

Heather Taylor
Staff Writer

My Hero

I can't say that I'm disappointed with the onset of the fall season. Autumn has routinely been my favorite time of the year; one filled with long jackets, soft scarves, brightly colored shoes and the mandatory plaid piece thrown into the mix.

All of the extra material, fantastic as it may be, does have me longing for a simpler time. A time filled with lighter, looser clothes.

Unfortunately, that time is called summer and it has come and gone, but who says you can't stick with a summertime mentality through fall?

Hero Crane's clothing line of lightly sewn tops is just the ticket. The collection includes a wide variety of layered tank dresses, wraps and striped tees ranging from waist length to nearly knee touching.

The material is extremely light and easy to manipulate into the shape you want it to appear, be it one shoulder or both.

The line does offer silver and white tops but has a wide variety of pomegranate, forest green and blueberry shades in keeping

with fall. Available on the Internet at intermixonline.com, Hero Crane's lovely sheaths will have you going toward the light.

Here's Johnny!

Suffering succotash! I, too, shared a similar reaction to Sylvester the Cat when I found out that Johnny Cupcakes had just completed, or rather "freshly baked," a line of T-shirts dedicated to the gang from "Looney Tunes."

These are not your standard ironed-on decals of ironic imagery tees either.

The Johnny Cupcakes and Warner Bros. line has brightly colored backgrounds ranging in green, yellow, blue and beige (it's hard to make beige bright but the shirts manage to do it) with pictures of Bugs Bunny, Foghorn and Elmer Fudd getting into silly situations.

Founded by Johnny Earle, the line is named after a series of nicknames he had while working at a silk-screening shop. The "Johnny Cupcakes" nickname found its way to being printed on a shirt and worn to work and was an instant hit.

Eventually this led to teasing the endless array of pop culture icons with the sweet touch of inserting

a cupcake into the imagery. Since then, some of the images have featured riffs on classic horror villains, out of control household kitchen items, '80s teen films and popular peace-promoting slogans like the infamous "Make Cupcakes, Not War."

Located on Melrose and online, Johnny Cupcakes' store offers tees in both girls and guys sizes. The collection of cupcake-imprinted accessories range from scripted pencils (at only a dollar apiece), iPhone cases, belts, stickers and nifty little oven mitt shaped keychains.

The online store, in keeping with the baking theme, offers "bake-sales" and "last pressings" on clearance items.

The Looney Tunes shirts incorporate the right touch of Johnny-centric humor. Yosemite has his pistols a-blazing hot cupcakes, Daffy Duck is clutching a rolling pin and even Bugs Bunny gets to deliver a box of Cupcakes in a chef's hat. He still hangs on to that carrot though. That wascally wabbit.

The backsides of the shirts also feature both brands' logos in a "half-baked" production. Definitely shirts worth snatching up while they're still hot.

CAMPUS QUOTES

What is the strangest thing you've ever eaten?

I've had wallaby and kangaroo in Australia; it was pretty good."

Freshman
Blake Corney



I ate a scorpion lollipop when I was 8."

Freshman
Melissa Feeley



Squid. It had a weird texture; it was slimy."

Junior
Sam Hollinger



I like to eat macaroni and cheese with ketchup."

Freshman
Amanda Arroyo



I had cow brains once, but it was completely by accident!"

Freshman
Jesse McClain



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OPINION

Has reality television gone too far?



Caitlin
Coomber

If you turn on the television, chances are you will be watching a reality TV show.

In fact, according to a recent report in *The New York Times*, "unscripted series now account for more than one-quarter of all prime time broadcast programming and essentially the entire day on cable channels like Discovery, Bravo and A&E."

Television has essentially lost all of its creativity and wit and is instead presented as overdramatized clips of reality.

The worst part? Reality television has ingrained itself within our generation and has transformed pop culture. It is not likely to be

disappearing any time soon.

There have been eight aired seasons of the reality talent competition show "American Idol." Unless you have been living under a rock, chances are you have watched an episode or at least know the names of some of the winners.

Music artists like Kelly Clarkson, Carrie Underwood and Chris Daughtry have emerged from this show as successful, record-producing artists.

It can be nice to watch someone start as a regular person and then succeed and live out his or her dreams.

Television shows like MTV's "America's Best Dance Crew" and the CW's "America's Next Top Model" provide talented people with opportunities to perform and gain national attention. They give the competitors the chance to make connections with those in the industry and be noticed by

the press.

These types of shows can be positive, encouraging aspiring singers, actors and performers to not give up on their passions. However, not all reality television shows provide values and quality entertainment.

There has been a recent influx in what I refer to as "trash TV." Basically, it's any show aired on VH1 or Bravo that has little value and can induce observers into a brain-rotting coma.

Reality television has ingrained itself within our generation and has transformed pop culture.

Show's like "Rock of Love," "Tool Academy" and "I Love Money" all fall into this category. These guilty-pleasure series are both

awesome and terrible, leaving audiences in a cringe-worthy but can't-take-my-eyes-off-of-it trance.

MTV is infamous for glamorizing and dramatizing the lives of young adults in big cities. From "The Hills" and now "The City," these fake voyeur-esque shows have found fame in following aspiring entrepreneurs such as Lauren Conrad and Whitney Port.

Oftentimes these reality shows are made up of people trying to get their five minutes of fame on camera, willing to do whatever it takes to be talked about. Viewers end the show questioning why they even began watching it in the first place.

This past summer, reality television viewers everywhere found themselves floored when picturesque couple Jon and Kate Gosselin split.

Famed for their unusually large,

but equally adorable, flock of eight children, the stars of TLC's reality TV show "Jon & Kate Plus 8" shocked audiences everywhere when they announced their separation on season five.

In a sad twist of events, the Gosselin family is now hounded by paparazzi wanting to know the latest details of their very public divorce. The impact of this media frenzy over their broken family is absurd.

The double-sided blade of reality television has reached its tipping point.

It is one thing to be addicted to watching full-grown adults act foolishly and embarrass themselves on television. But, it is a whole other problem when our generation starts to believe that these shows depict what life is like.

As they say in "Tool Academy," if you begin to believe that, "You're just a tool!"

Local residents complain about student noise



McKenzie
Becker

We have all heard the saying "What they don't know won't hurt them."

For residents of the city of Thousand Oaks, this may have been applicable for the past 50 years, with very few people aware that a college even existed in their town.

The secret is out.

Recently, two CLU students were arrested at an off-campus party that over 200 people attended.

Thousand Oaks residents are

not happy about the commotion, to say the least.

They have called the university complaining about the disturbances CLU students have caused in the community.

As a result, earlier this week CLU students received an e-mail from the public safety director and the dean of students at CLU regarding off-campus parties involving CLU students.

Surrounding neighborhoods of the university have contacted CLU administration regarding noise problems caused by students.

CLU is a small private school. We do not have fraternities, sororities, extreme violence or a high drunk driving accident rate; we live in one of the safest cities in the country.

In my opinion, in comparison to some of the huge state schools, CLU is barely causing a ruckus.

Not to mention the fact that the majority of students live on campus for their four years here, due to the school's four-year contract students sign when entering the university.

Most schools only allow college students to live on campus for one year, with many more students involved in off-campus partying.

Look at some of the other higher education schools such as Cal Poly San Luis Obispo, UC Santa Barbara, Chico State, Fresno State, CSU Long Beach and many other California schools.

These schools are much larger than CLU, and the majority of

them are located in the center of the towns they reside in. Many of these universities are known for their "college-town atmospheres."

Whether it's concerts, parades, bake sales or plays, the university is looked at as the center of the community.

These universities take pride in the fact that the residents in the communities surrounding the colleges add to the college atmosphere.

Wouldn't we like to be able to do the same?

"I feel that what the students do off campus is their own business and the school does not need to get involved unless it is necessary," senior John Karsant said.

"If students decide to go out

and party and have that kind of college experience, then they should be able to."

CLU is not a new school. The university has been around for 50 years, so what's with the sudden bumping of heads?

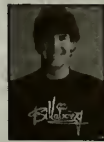
My guess is, for the past 50 years, around the time when CLU's graduates were students, there have been parties thrown around Thousand Oaks and very few seem to have noticed.

The activities of college students have not suddenly changed.

They have been the same since our parents were in college.

Either this incident is a case of "college kids being college kids," or today's youth really has morphed into an aggressive, rowdy, intoxicated group of young adults.

Hazing: where does CLU draw the line?



Matthew
Kufeld

Oh the lovely, yet provoking, topic of hazing.

Throughout my four years at CLU, there have been hazing allegations against different sports teams.

Some of these allegations have been more serious than others. Some seem to spread like wildfire on the "Lu Vine" and there are others that no matter who you talk to, no one seems to know the

true story. From my perspective, it seems that punishment for different hazing allegations has varied case by case.

What does hazing mean? According to the Merriam Webster online dictionary, hazing is "an initiation process involving harassment."

I think we can all agree that hazing, and anything involving harassment, is serious business and something that California Lutheran University shouldn't condone or support in any way, no matter how serious the alleged incident may be.

While I have only mentioned sport teams so far, hazing or initiation rituals are not limited to

the playing field.

New peer advisors are led in a surprise event by the returning peer advisors where they have to complete a laundry list of tasks. Is this considered hazing? Should it be deemed "OK" because there is no alcohol involved?

That's why I think the university as a whole should work toward developing a written policy of what happens when allegations are brought against any team, club or group on campus.

Couldn't there be different levels of hazing?

Yes, there is a difference between getting players drunk off campus and bringing them to a school-sponsored event, making

blindfolded players explain and demonstrate sexual acts on a peach or forcing students to participate in a Scarf N' Barf competition.

As soon as anyone in any of these situations feels that they are in an unpleasant situation, the act technically becomes hazing.

And even if the participants welcome these situations, hazing can still be projected onto any of the situations. No matter what way you want to look at it, hazing is hazing.

But the real question still remains, what's the point of hazing? Does hazing really bring a group together? I doubt it.

Does hazing help a team win?

Again, I doubt it.

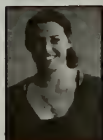
Should hazing be covered up? No, because others can learn from the situation.

At the very least the players involved should miss at least two games.

Instead of hazing new members of your group, team or club, why not set up something that can serve as a true welcoming tradition.

As for CLU, I challenge my university to develop a policy on hazing that can be applied in different settings that deals with the different levels of severity and encourages discussion on these issues rather than trying to hide them.

Alcohol at homecoming dance raises eyebrows



Anna Meyer

Homecoming is a celebration of the university, an opportunity for graduates to visit their alma mater and another chance for CLU students to get drunk.

I personally choose not to drink, but I fully recognize that it is part of the "college experience" and that everyone has the right to make his or her own choices with regard to the consumption of alcohol. But is it really appropriate or necessary to serve

and consume alcohol at or prior to the homecoming dance?

As a freshman, I was shocked when I arrived at homecoming to see an ambulance at the entrance, people so drunk they had to be helped out of the dance and alcohol readily available for CLU students of age. I was not prepared for the role alcohol could play in a student's life.

I personally don't believe alcohol should be served at CLU events.

I believe it is contradictory for a school that prides itself on having a dry campus to serve alcohol at a student event whether it is on or off campus.

But I also understand that whether alcohol is served or not served is not exactly the problem.

The problem is with the mindsets of the students that think an event can only be "fun" if you are under the influence of alcohol.

I believe it is contradictory for a school that prides itself on having a dry campus to serve alcohol at a student event.

"I think students have this mentality at times that they need to drink as much alcohol before they actually get to the event, especially if it is not served at the event," said Amanda Wheelon, coordinator for Student Leadership and Programs.

When did it happen that going to an event such as the homecoming dance with friends and having a great time was no longer enough?

When was it decided that in order to have a good time, you have to reach a level of intoxication at which point you no longer have the ability to remember the events that took place the night before?

Even though Jillian's is an off-campus location, according to the code of conduct "The University Standards of Conduct shall apply to conduct that occurs on the California Lutheran University premises, at University sponsored activities, and to off campus conduct that adversely affects the University and/or the pursuit of its objectives."

The University policy on alcohol, section 1.4 states, "undesirable behavior both on and off campus resulting from on or off campus use of alcohol is subject to University discipline."

So remember when you are making your plans for homecoming that you will be held accountable for your actions at the dance.

As students of CLU, we are representatives of the university and are expected to behave in a manner that not only represents the school positively but that also represents ourselves positively.

Because why would you want to be remembered as the girl who passed out on the dance floor at the homecoming dance?

Think twice before dismissing the Caf and Centrum



Robert Amey

He holds his stomach tight, curled into a ball and attempts to cry himself to sleep. Every day a child goes to bed without food. That means an innocent, helpless child is left to suffer the agony of starvation.

So what do we do? We go to the Centrum and the Caf and fail to recognize our privilege.

According to the United States Department of Agriculture, more

than 12 million children in the United States live in conditions unable to consistently access nutritious and adequate amounts of food necessary for a healthy life. It's not just happening in other countries; it is happening right here in America.

For many, having a meal once a day is considered a blessing; however, as young men and women, we fail to recognize our privilege.

Sorry to say it, but we are ungrateful and self-absorbed brats.

Many things we consider minor are major, and we take them for granted. The luxury of having running water, electricity and socks to put on our feet are taken

for granted.

We indulge ourselves in a lifestyle that many will never experience, and it is never enough.

Nothing is ever good enough. We stand in line at the Centrum and Café, order our food and complain about it. We fuss about the taste and whine about any and every thing instead of trying to make a difference.

I guarantee you there is a child somewhere who would love each and every thing on the Centrum menu.

Many of us have been blessed with so much and often we're unthankful. So you can't buy that new shirt, the latest bag, the finest jewelry; why complain?

Why not acknowledge the things life has blessed you with? Why are we so selfish that we are incapable of blessing others with our blessings?

We have all seen the commercials that showcase children in need of help, and we turn the channel and ignore the message presented. We continue on with our everyday lives and never feel remorse or compassion to help.

I am definitely not saying you should give your credit card and money to any or every heartbreaking commercial. However, a maternal instinct should arise even in males.

So how do we as individuals and a collective group make a difference? We acknowledge our privilege and

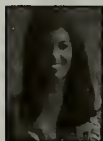
figure out how to make a difference.

October 16 is World Food Day. It is a worldwide event designed to increase awareness, understanding and inform a year round action to alleviate hunger. What can you do? Or what will you do?

There has been an estimated increase of 105 million hungry people in 2009. There are now 1.02 billion malnourished people in the world, meaning that almost one sixth of all humanity is suffering from hunger.

So next time you are in the Café or Centrum complaining about the selection, think of the 1.02 billion people suffering from starvation and tell me truthfully, is it really that bad?

Tired of caesar wraps and chicken strips?



Linsey Mead

Are the cafeteria and Centrum getting a little old? Is it time to take a break from the caesar wraps and chicken strips?

Well look no further because this week I will inform you about some of the great "hole in the

wall" restaurants that are in the area.

As college students on budgets, we are looking for great places with cheap prices.

Ever get the urge for genuine Mexican food? Well Tico's Tacos in Simi will definitely satisfy your fix. Not only does it serve a killer breakfast burrito, but everything from tacos to enchiladas are awesome. Five to \$10 is more than enough to load up on some serious grub, located off of Erringer and L.A. Avenue.

The Greek House is off of Sycamore Street and Cochran Street in Simi. Come here for some killer hummus, gyros, pita and more. Eight to \$10 is plenty to get a hearty meal.

Over the hill in Moorpark you can find Camille's. This is for all you healthier eaters trying to stay away from fried and greasy foods.

This small café offers everything from wraps to flatbread pizzas to sandwiches. Eight to \$10 should fit the bill. You can find this cozy

little shop off of New L.A. Avenue in Moorpark.

Eggs 'N Things in Simi Valley and Thousand Oaks is the place for breakfast. To start, they bring you these delicious crepes before your meal. Then there are omelets, pancakes, sandwiches, curly fries; I could go on and on. All in all it's definitely a treat for your taste buds. About \$10 should cover the bill.

Olas in Camarillo is where you have to go for burrito time. Their wet burritos (with mole sauce)

are to die for. About \$7 will suffice; you get what you pay for. They are huge burritos that will leave leftovers. They are right off the freeway on Ventura Blvd.

Make a 30 minute drive to Teluka Lake for burgers and tasty sides at Mo's. At the burger bar you can pick out all types of sides and toppings. Ten to \$20 is what you're going to want to bring along.

In my opinion, these places receive four to five stars for affordability and unique taste.

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SPORTS

Road warriors to play three-game home stand

Rachael Hubbard
Staff Writer

With an almost flawless record on the road of 7-0-1, the California Lutheran University Regals soccer team has proven it's the team to beat.

"We can't see any game as more important than the next, because in the end, each opponent is bound to have their own strengths and weaknesses," sophomore goalkeeper Laura Brain said.

"To accomplish our goals, we can't let our intensity level drop for a minute, and I know that this team is going to go above and beyond the goals we set. We have more than just talent, we have heart, and that's what

sets us apart."

Sunday, Oct. 11, the Regals dominated La Sierra University 3-0.

Freshman midfielder Nicole Rains scored her first goal of the season in the first half with 16 minutes remaining.

Six minutes after, senior forward Kelsey Sullivan also scored her first goal of the season, putting CLU ahead 2-0 going into the second half.

Two minutes into the second half, freshman forward Mayra Virgen made the final goal of the game from 20 yards away, placing it in the left side of the net.

In shots on goal, CLU outnumbered La Sierra with 22 shots, while Brain denied the

opponents' four attempts.

Brain established her sixth shutout out of seven appearances this season and hasn't allowed a goal in her last 463 minutes of play.

"A goalkeeper is absolutely nothing without her team. We have an extremely talented team this year and each player has made a huge difference. You know that you completely trust your team when you are no longer anxious due to fear but rather excitement," she said.

"I know my team is going to support me no matter what our end result is, and that has led us to being so successful this season."

The Regals' game against Claremont-Mudd-Scripps Colleges on Saturday, Oct. 10, at 7 p.m. was the start of their second round of SCIAC league games.

With 23 minutes remaining in the first half, junior forward Aubrie Smith scored her seventh goal of the season on Athenas' senior goalkeeper, Camila Friedman-Gerlicz, with a shot from outside the 18-yard box to the far side of the net.

C-M-S outshot CLU 18-12. Junior goalkeeper Kristin Borzi made seven saves in 110 minutes compared to Friedman-Gerlicz's four.

In the second half, with eight minutes left in the game, Athenas sophomore midfielder Julia Nishioka scored with an assist by junior forward Laura Hagen making, the score 1-1.



Photo by Maxx Buchanan - Staff Photographer
Sophomore Sensation: Aubrie Smith has 7 goals and 5 assists this season.

The two teams went into double overtime but the score remained 1-1.

On Wednesday, Oct. 7, the Regals defeated the Pomona-Pitzer Sagehens 3-0. In the 12th minute of the game, freshman midfielder Kaylee Kirk scored a goal assisted by Smith.

Two minutes later, junior forward Brittany Clark shot and scored a goal from outside the 18-yard box, assisted by senior midfielder Kelsey Sullivan.

Kirk made a cross into the box assisting Smith's goal in the 88th minute of the game.

Even though the Sagehens outshot the Regals 20-15, goalkeeper Brain managed a shutout and a career high of 10 saves.

Going into the second round of SCIAC league games, the CLU Regals are more focused then ever.

"I can already see that we have been improving since the start of the season and know that we will finish stronger than how we began," sophomore midfielder Kelsey Dunn said.

"We are more determined and hungry to win these next games. The schedule is challenging to say the least, but I know our whole team is ready for the challenge."

The Regals' (9-2-2) next home game is at 1 p.m. today against the Chapman Panthers (9-3-0) at West Field, next to the Gilbert Sports and Fitness Center.

CAL LU SPORTS CALENDAR

| | Wed. 14 | Thur. 15 | Fri. 16 | Sat. 17 | Sun. 18 | Mon. 19 | Tues. 20 |
|------------|----------------------|-------------|----------------------------|----------------------------|----------------------------|----------------------|--------------------------|
| FOOTBALL | | | | vs C-M-S 1pm | | | |
| WATERPOLO | | | | vs Whittier 11am | | | |
| SOCCER | vs Caltech 4pm | | | vs Occidental 11am | | vs Chapman 3pm | |
| SOCCER | vs Chapman 1pm | | | vs Occidental 11am | vs UC Santa Cruz 1pm | | |
| VOLLEYBALL | | | CLU Fall Classic TBA | CLU Fall Classic TBA | | | vs Whittier 7:30pm |

Shade denotes home game

Football team improves to 2-0 in SCIAC play

Allie Mansfield
Staff Writer

After scoring over 44 points for the third consecutive week, the Kingsmen football team of California Lutheran University was a force to be reckoned with as they faced the Sagehens of Pomona-Pitzer College on the road Saturday, Oct. 10.

There was no question of who would be dominating the game.

The Sagehens, who were 1-5 in SCIAC last year, were limited to just 135 yards total, 104 in the air.

The Kingsmen offense, on the other hand, broke their previous record of 419 yards to 551 total yards.

Players, fans and graduates are hoping for a similar victory when the Kingsmen play their homecoming game next week, against the Claremont-Mudd-Scripps Stags Saturday, Oct. 17, at 1 p.m. at Mt. Clef Stadium.

"We came out with great intensity today. We have some

things to work on in practice, but we are excited for our homecoming game next week. We plan to play hard for the entire 60 minutes and show our fans and alumni what a great team we have and are continuing to build," coach Ben McEnroe said.

Starting senior quarterback Jericho Toilolo threw for 282 yards and three touchdowns.

His main target of the game was senior wide receiver Chris Hammond, who caught six passes for 100 yards, which included the 46-yard catch on the first drive of the game.

Hammond's 46-yard reception allowed senior kicker Jackson Damron to make a 36-yard field goal, putting the Kingsmen on the scoreboard with a 3-0 lead.

The first and only time the Sagehens took the lead over CLU was in the seventh minute of the first quarter when they took over at the Kingsmen 23-yard line after a CLU turnover, giving Pomona-Pitzer a 7-3 lead.

CLU bounced back in just

four short minutes after junior defensiveback Derek Wilson returned the kickoff, putting the Kingsmen on the Sagehens' 49-yard line, followed by a run from Toilolo for 21 yards.

Toilolo then found freshman wide receiver, Matt O'Brian on a nine-yard pass, allowing senior running back Brian Stuart to finish out the drive with a 16-yard touchdown run.

This gave the Kingsmen a 10-7 lead at the end of the first quarter.

The Kingsmen defense dominated the Sagehens, with senior defensive lineman Sawyer Merrill leading the game with two crucial sacks of Pomona-Pitzer's quarterback Jacob Caron, followed by Victor Edwards with one sack.

Senior defensive back Garrett Redd was able to get the traveling crowd out of their seats when he intercepted a pass by Caron and ran for 56 yards to the Sagehens 34-yard line.

The interception led to a

two-yard touchdown pass from Toilolo to freshman wide receiver Eric Rogers in the far corner of the end zone bringing the score to a 17-7 lead over the Sagehens.

"We always deal with the hand we are dealt, and today we continued that mentality. We played well and we need to continue to play like that against all of our opponents," Redd said.

Five minutes following the Kingsmen's third touchdown, CLU found themselves in the Sagehens' end zone once again, when Toilolo, after nearly being sacked by the Sagehens defense, made a remarkable and precise pass into the arms of a diving Edwards in the end zone, pushing the score to a 24-7 lead over the Sagehens.

The Kingsmen offensive line did a great job at keeping Pomona-Pitzer's defense off Toilolo giving him time to read the defense and make comfortable passes in the pocket.

"The o-line played great today. We did our best to pro-

tect Toilolo, but there is always room for improvement. We need to eliminate mistakes and just play our game," sophomore offensive lineman Giovanni Lapp said.

CLU closed out the first half with an additional touchdown with just 34 seconds left in the second quarter when Toilolo made a 10-yard pass to Edwards, followed by a 12-yard catch by O'Brian.

That pass was followed with a touchdown by sophomore wide receiver Matt Valley, bringing the score to 31-7 at the half.

Senior running back Antoine Adams put the Kingsmen on the scoreboard with the only touchdown of the third quarter, giving CLU a 38-7 lead.

Daryl Carter expanded the lead to 45-7 only one minute into the fourth quarter.

The Sagehens managed to score a touchdown again after a botched snap by the Kingsmen, and Damron later added a field goal for CLU, making the final score 48-14.

Kingsmen pull even in SCIAC play with big win

Two red cards help CLU take down the Stags at home

Greg Gelber
Staff Writer

Once again it was a tough, up and down week for the Cal Lutheran men's soccer team.

The first game of the week, last Wednesday, the Kingsmen played the Pomona-Pitzer Sagehens. Pomona struck first with a goal by sophomore Franco Simbana during the 32nd minute of play.

It was mainly a defensive battle by both teams, with the Kingsmen only having one shot on the goal in the first half.

Co-captain Ryan McDermott had a very close shot that hit the crossbar at the 78:35 mark, but it stayed out, which created a desperate situation for the Kingsmen.

With only 2:11 remaining in regulation, the Kingsmen were rewarded a free shot opportunity after a foul by the Sagehens.

Located just outside the 18-yard box, Robbie Spangler was given the chance to tie the game up. He hit the shot into the upper left corner of the goal, tying the game 1-1.

The Sagehens had an excellent opportunity to score with about 10 seconds remaining in the game.

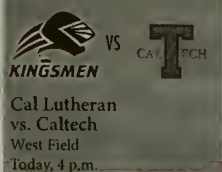
Sagehens' Zack Burke was one-on-one with Kingsmen keeper

Chris Capellini, but he blocked the ball, sending the game into overtime.

During the first minute of overtime, Pomona's Evan Munoz scored the game-winning goal 2-1.

It was a tough loss for the Kingsmen as the Sagehens moved to 6-1 in SCIAC play, while the Kingsmen dropped to 3-4.

On deck



Sophomore Dirk Onink knew these games were going to be tough.

"We were successful when we played our game, and didn't focus on how the other team was playing...we learned a lot from both games we played this week," Onink said.

The Kingsmen had a huge chance to redeem the tough loss on Wednesday against Claremont-Mudd-Scripps on Saturday, Oct. 10.

The Stags came into this game with a SCIAC record of 4-2-1, while the Kingsmen sat at 3-4.

Another solid defensive game, the score remained 0-0 throughout most of the game.

It got interesting when Stags

player Christian Paullin was ejected in the 58th minute with a red card.

Already playing with one man down, another Stag, Mitchell Skotarczyk, received a red card and ejection in the 79th minute.

Despite having two more players on the field it wasn't until the last seven minutes of the game that the Kingsmen offense put some solid play together.

McDermott came up big once again. Around the 83 minute mark of the game, McDermott got an excellent pass from Jorge Martinez, which McDermott hit right over the head of the Stags' keeper to take a 1-0 lead.

With that goal, McDermott leads the Kingsmen with nine goals on season.

McDermott then added another goal in the 89th minute. It was the fifth two-goal game of his career, proving to be a leader for this Kingsmen team.

Keeper Chris Capellini had three saves on the day, as his defense helped keep the ball away from the goal.

The Kingsmen also outshot the Stags 15-8 during the game, playing hard and coming up with a very important victory.

Playing two of the toughest teams in SCIAC, it was a confidence booster for the Kingsmen.

"One thing we all gained from this weekend aside from the three points, was the knowledge that our team can beat anyone in league and are very capable of getting into the NCAA tournament," Onink said.

With this victory, the Kingsmen now move within three games of first place, and only one and a half out of second place.

"The competition was rough as anticipated, but we came in with the right mentality and got the points we needed to stay in the race for playoffs," Onink said.

The Kingsmen have an excel-

lent chance to take two victories this week as they take on Caltech (0-11, 0-8 SCIAC) today at home.

On Saturday, Oct. 17, they head on the road to play Occidental College (4-7, 3-5 SCIAC).

With two wins this week, the Kingsmen can make a strong push for playoffs heading into the latter third of SCIAC play.



Photo by Laura Dale - Staff Photographer

Equalizer: Robbie Spangler sent the Pomona-Pitzer game into overtime.



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Young guns want to win it all

Brandon Kennedy
Staff Writer

The future of Cal Lutheran's women's volleyball team looks bright after getting a chance to speak with two of its most promising freshman athletes.

Long time teammates and friends Jackie Russell and Rachel Smith have been playing volleyball together since the seventh grade.

After their final game at Newbury Park High School, the two never imagined wearing matching uniforms again.

"We both thought this might be the last game we ever play together," Smith said.

Little did they know that they were both going to end up playing volleyball again as Regals.

"We didn't really talk to each other about playing for CLU," Russell said.

However, they were pleasantly surprised to find out that they both decided to come to California Lutheran.

The pair both remarked that they love that they get to keep playing together and want to win a national championship before their time at Cal Lutheran is over.

"We expect to win a national championship, when coach re-

cruited us she said that was her goal," Russell said.

Her goal may be achievable, noting that both players mentioned how they enjoy the competition that all of their teammates bring to each practice as well as the games.

The 2009 Regals team is well on their way to making the playoffs.

They currently stand at 5-3 in SCIAC play and besides being swept by Redlands last week, the other two were lost in close five-set matches.

Both could have easily gone the other way.

Personal improvement was another goal both girls mentioned that they hoped to achieve over their next few seasons on the team.

Another favorite part of this year's team, aside from the competition, was how much fun the other women on the team are to be around.

Anyone who has played sports knows that chemistry between players is a huge part to having a successful season.

Further, anyone who has been to one of the Regals' games knows that during timeouts or between sets in the huddle, the girls love to get together and dance to the music being played.

Russell, the team's starting setter, has been having a great season

thus far, averaging just over 36 assists per game.

She is a exercise science and sports medicine major and loves hanging out with some of her new friends she has met on campus.

One of her hobbies includes watching movies. A couple of her favorites include "A Walk to Remember" and "The Hannah Montana Movie." She also likes going shopping with her friends.

Smith, an outside hitter for the team, has not declared a major yet, also mentioned her love for movies and shopping. One of the most recent movies she enjoyed was "Just Like Heaven."

After sitting down to talk with them, it's easy to see how these two can get along so easily and why they are such exceptional players and members of the CLU community.

Both girls emanate a love of volleyball; its clear the sport is an important part of their lives.

"We couldn't imagine what we would be doing without volleyball," Smith said.

Smith and Russell are committed to the Regals team and will do their best to contribute to their future success.

Bottom line is, CLU will be seeing a lot more of No. 1 and No. 15 in the coming years.

Cal Lu captain loves playing the role of hero

Senior keeper has
SCIAC champion
dreams in final year

Sara Grimes
Staff Writer

Motivated. Committed. Solid. These are just a few words used to describe 2008 All-American, senior goalkeeper, Jordan Bouey. He is a psychology major with a minor in criminal justice and has been treading water for eight years.

Before joining the Kingsmen family, Bouey played for Wood Creek High School in Roseville, Calif., near Sacramento. He was named WCHS Male Scholar Athlete of the Year, selected Sierra Foothill League MVP and second team all-CIF his senior year.

As a Timberwolf, he was a varsity letterman for three years in water polo and two years in swimming.

Every year Bouey improves as goalkeeper. He ended his first season in 2006 with 43 saves for the Kingsmen and bumped it up to 72 saves and 10 steals in his 2007 season.

"When Jordan was a freshman he only appeared in a few games," assistant coach Matt Warshaw said.

"I remember him getting out of the water after stopping the final shot, and in his young, freshman-like, confident way, saying, 'I told you so.'"

Bouey is the first in CLU history to make 200-plus saves in a single season, making 242 saves in his third season in 2008. Bouey so far has 357 saves which ranks second all-time in Kingsmen history.

Bouey's personal goals for the season consist of breaking the all-time saves record. Expectations are high for Bouey as he rounds out his last season with the Kingsmen.

"Jordan is a 2008 All-American who always seems to come up big for us in the most desperate times," head coach Craig Rond said.

This is evident in every game Bouey plays. In one game last year, he made 11 stops in a SCIAC tournament semifinal game against Redlands last year. Beating Redlands was Bouey's most memorable moment in his CLU water polo career because it was a first in CLU history.

"I like the pressure that I feel every game knowing that I can either be the hero or the goat. It is something that is interesting to deal with. Knowing that the game is on my shoulders is a rush," Bouey said.

Bouey led the Kingsmen as captain last year during his third season and has fulfilled the leadership role again by being named a captain for his senior year. Bouey is always committed and plays with his heart in every game.

"It was a great responsibility and it was fulfilling to be able to lead my team in such a successful season," Bouey said. "I am captain again this year. There have been



Photo by Scott Chisholm - Sports Information
Save King: Jordan Bouey hopes to supplant Quentin Beckmann as CLU's all-time save leader this season.

many trials [this year] that we are not used to, but the adversity is making us a stronger team."

There is no doubt that Bouey is a great asset to the Kingsmen. He is preparing for the conference

opener at home on Oct. 17 against Whittier College. The team is preparing with morning and afternoon practices to claim the title of SCIAC champions.

"I have many goals for this sea-

son. My number one goal would be to win SCIAC," Bouey said.

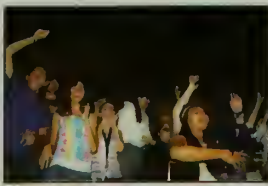
"Coming so close last year in the championship game is providing a great deal of motivation for this year."

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Midnight Madness

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October 21, 2009 Vol. 54 Number 5

the Echo

Sheriffs order dance to shut down early *Underage drinking leads to problems at homecoming dance*

Jesse Knutson
Staff Writer

The Los Angeles County Sheriffs Department ordered CLU representatives to shut down Saturday's Homecoming Dance early after a series of alcohol-related incidents, Universal CityWalk officials, CLU students and staff reported.

Universal CityWalk security personnel were called to Jillian's over reports of public intoxication during the CLU-sponsored event.

"There were no arrests but there were people traveling away in ambulances," said Elliot Secular of Universal CityWalk.

One guest, presumably a CLU student, was transported to the Providence Saint Joseph Medical Center for observation.

That individual has not yet been identified.

Amanda Whealon, coordinator of Student Leadership and advisor to Programs Board, said people under 21 who were highly intoxicated

had a choice to either seek medical attention or be led away in handcuffs.

"Ninety-nine percent of the students that were a problem were underage," Whealon said.

Students who were extremely intoxicated, or not cooperating with the Sheriffs Department, were handcuffed and detained.

However, these students were later escorted off the property and sent home.

The first reports of underage drinking and intoxication came around 9 p.m.

At approximately 10:30 p.m., Universal CityWalk and law-enforcement officials approached Whealon about the problems.

At this point, the sheriffs ordered the bar shut down to stop alcohol consumption.

When the decision was made to end the dance early, ASCLUG Programs Board director Ryan Strand made the announcement.

At the start of his remarks, he



Photo Courtesy of Allison Palma-Ruwe-CLU

Dance Interrupted: Before being forced to go home early, CLU students take a break from dancing by playing arcade games at Jillian's during Saturday night's Homecoming Dance.

asked the attendees of the Homecoming Dance how they were doing.

"Drunk, we're drunk," yelled some California Lutheran University students as others cheered.

Strand warned people in attendance that police officers were waiting outside.

He instructed the attendees to prepare to leave, round up any friends who were intoxicated and

to call a taxi if they were in no condition to drive.

Students can expect to be disciplined for their actions at the off-campus event, Whealon said.

[See DANCE, Page 3]

CLU hosts first Undie Run *Out panel answers questions*

Lynn Clahassey
Staff Writer

More than 50 California Lutheran University students ran around campus in nothing but their underpants in the rain at midnight the morning of Oct. 14.

Gumby was certainly a sight to be seen as students shed every bit of their clothing early Wednesday, wearing nothing but their undergarments to celebrate CLU's very own Undie Run.

"We knew that because it is the 50th Anniversary and the school is embracing the old traditions, that we wanted to do something that would create new traditions for the school to carry on from here," senior RA Megan Springer said.

What a great tradition the Undie Run could be for CLU.

It not only brought out a side of students that is not usually seen, but the event proved to be a success as students donated their clothing for charities.

With that, the event took on a whole new light. Students not only got to go wild and crazy in their underwear, but felt like they were supporting a good cause.

"I did the Undie Run because there were very few times when you can run around campus without any clothes on and not get in trouble," sophomore Cameron Chan-

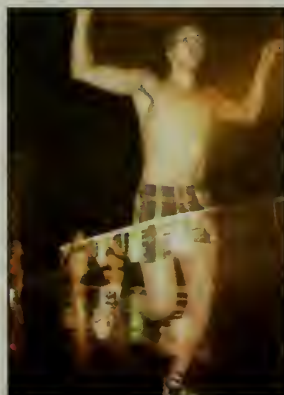


Photo by Doug Barnett - Photo Editor

Just Keep Running: After donating their clothes, CLU students ran down Memorial Parkway in CLU's first ever Undie Run.

dler said. "Plus it was a thousand times better because of the rain."

For some, the rain was all it took to persuade them from participating, but for many it made for a more enjoyable time.

As soon as the clock struck midnight, [See RUN, Page 2]

Alyssa Harris
Staff Writer

On Wednesday, Oct. 14, 2009, the Gay-Straight Alliance club at CLU spoke out about their sexual orientations and allowed the student body to get an inside look into their lives during the Out Panel.

At a small Lutheran university, many people would think that homosexuality would be a subject on campus that would be kept on a low profile.

Instead the members of the Gay-Straight Alliance are speaking out and informing the student body that they are not ashamed of their sexual identities and that there is a club on campus to speak about these issues.

California Lutheran University's clubs are expanding and diving into issues that are in the forefront of our society's most controversial issues.

The panel consisted of faculty members and students.

They shared their coming out stories that they have had with their family and friends and also allowed the audience to ask questions about their struggles and triumphs with their sexual identities.

The panel also instructed the audience if they are questioning their sexual orientation to listen to their inner thoughts and

not to ignore them.

"I admired that the panel had so much confidence to come out to a room full of strangers," junior Katie Strang said.

Homosexuality has become one of the most controversial issues in the world today.

People are still speaking out about their sexual orientations, working to inform others and breakdown stereotypes.

By speaking out they're proclaiming that they are proud of who they are and secure in their sexual identities.

During the discussion, panel members explained that most of their family members were not open to the idea of homosexuality when they came out.

Most of their family members have now come full circle though and learned to embrace their differences.

The Out panel openly answered all of the audience's questions and attempted to explain stereotypes that have been placed on homosexuals in our society.

"My favorite part about being in the Gay-Straight Alliance club is being able to coordinate events on campus, making people more aware while giving the club more visibility," said Erin Dobson, vice president of the Gay-Straight Alliance Club.

[See OUT, Page 2]

NEWS

Midnight Madness marks start of basketball season



Photo by Carly Schmidt - Staff Photographer

Up, Up and Away: Freshman guard Jordan Williams (11) gets a boost from sophomore Aaron Van Klaveren (30) at Midnight Madness.

Vanessa Lara
Staff Writer

Midnight Madness officially kicked off the Kingsmen and Regal basketball season and Homecoming weekend in style Wednesday night.

CLU students anxiously waited outside Gilbert Sports Arena until

the doors opened at 11:15 p.m. to celebrate Midnight Madness.

Games, prizes, contests and plenty of school spirit were all part of this CLU tradition.

Junior Regal basketball player Christina Cherry looks forward to this event every year. "The best part is the support from the school," Cherry said. "It's just a

fun way to kick off the season."

Students took part in the festivities by participating in basketball related group games like musical chairs with a basketball twist, changing into a basketball uniform and the dizzy lay-up shot.

"The games were exciting to watch because they were all so competitive and it was funny seeing people try to make a basket while everyone was trying to make one too," junior Janett Garcia said.

The CLU cheer team and dance team pumped up the crowd with their performances.

The loud crowd, contest had the crowd battling for free burritos from Chipotle and Midnight Madness T-shirts were flying everywhere while students cheered on the games.

"One of the best parts was when everyone got up and screamed trying to get a shirt," sophomore Mireya Rios said.

When the clock struck midnight the Regal and Kingsmen basketball teams were introduced.

After the teams were introduced each team held their first official practice of the season.

Cherry used to get the jitters before going out in front of the crowd.

"My freshman year I was really nervous since I was the first one out," Cherry said.

After the basketball players finished their first official practice, the raffle began. Prizes included Midnight Madness t-shirts, Clip-

pers basketball tickets, a pair of Lakers tickets, a new iPod and a TV.

Rios was one of the few lucky winners of the night.

"I was just expecting to have a good time with my friends and maybe win something, and I did," Rios said. "Everyone was in suspense wanting to win something, and when they called out my number I was excited because I won the iPod."

Midnight Madness gave students an opportunity to display their pride in CLU.

"I went to Midnight Madness be-

cause I wanted to see what it was all about," Garcia said. "It was a good way to show my school spirit and I got a Chipotle burrito so that was even better."

Midnight Madness was just the beginning of the annual Homecoming and family week that included Homecoming coronation, the carnival, the Homecoming football game, the dance and many other events for the family and CLU graduates.

"Midnight Madness got me into the spirit for Homecoming week; it was all the excitement from everyone around me," Garcia said.



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Rain does not wash out undie run

[RUN, from Page 1]

students threw their clothes off and made a mad rush toward the Centrum.

Their route continued past Mt. Clef and Memorial Parkway as bystanders cheered, took pictures and threw eggs.

"I had such a fun time running around. This was by far one of the greatest activities on CLU's campus that I have done so far," senior Dani Kirk said.

As the half-naked mob of students ran around CLU's campus, RAs and other people there to observe the event collected all the donated clothing and made their way to the SUB building. They

readied hot chocolate and donuts for the students participating.

The Undie Run not only gave students the opportunity to uniquely express themselves, but brought about a sense of unity between students in a way quite out of the ordinary.

In CLU's history, the very thought of an undie run has never crossed the university's mind.

Other campuses such as University of California Los Angeles have always had this tradition, but have recently banned it due to the event being "marred with fights, vandalism and alcohol-related problems that prompted police and emergency crews to

get involved," according to a Los Angeles Times Article.

For CLU to start an Undie Run when other colleges have started to ban the event, was huge.

"We thought of schools such as UCLA and how they had undie runs, but we wanted to make it more than just college kids running around in their underwear. We decided that students should do something like shed their unwanted clothes for charity," Springer said.

"This was such a creative service. There really is no other way to describe what just happened; it was just so freaking amazing and awesome," Kirk said.

Panelist openly share their stories

[OUT, from Page 1]

The panel explained their personal journeys with their sexual identities and when they came to a point in their lives where they knew they weren't heterosexual.

Most of the panel members explained that from an early age they knew that they were different.

Then as they became older, they learned the language and how to express their sexual orientations.

"I enjoyed listening to the panel because it gave people the chance to hear about different perspectives," sophomore Tiffany Tracy Ly said.

The Gay-Straight Alliance meets every week and repeat-

edly stated that they are very welcoming and would be happy to have new members join their club.

CLU is dedicating itself to be a university that is classified by being open to all individuals and their unique identities, and the Gay-Straight Alliance is just one example of this promised being fulfilled.



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Homecoming and Family Weekend 2009

Family fest fuels fun for all



Photo by Maxx Buchanan - Staff Photographer

Spending Time Together: The Family Festival was one of many events offered for families who took part in Homecoming and Family Weekend. Other events for families included family dinners, bingo night and Breakfast & State of the University Address given by CLU President Chris Kimball.

Homecoming dance still fun for some

[DANCE, from Page 1]

She noted that documentations likely will be issued over the Homecoming incidents.

"School dances are a time for good fun, going to hang out with friends, dance and play games," Whealon said.

"It's sad to me that students think they need to drink excessively to have fun and they end up ruining the night for everyone else."

Strand agrees with Whealon's assessment of the night.

"How many people do we need to see passed out in their own vomit before CLU students recognize the destruction that they cause when they choose to drink?" he said.

Not everyone had a bad time at the dance.

Some said that they enjoyed themselves on the dance floor, despite the problems that were going on around them.

"Everyone was able to have

a good time and those people who kept themselves under control had an amazing time," said Casey Kloehn.

Kloehn, a senior, had ventured to the dance in a party buy with 24 of her friends.

"We danced the night away without any disturbance," Kloehn said.

"It was sort of disappointing that others chose not to behave as we did and many CLU students had to suffer the consequences for them."

CLU officials, including William Rosser, dean of Student Life and Whealon, are expected to meet to discuss the future of CLU events, such as next semester's Spring Formal and any future Homecomings.

"If this kind of behavior keeps up, I don't see CLU having dances where alcohol is available," said Kevin Holt, a member of the Senior Homecoming Court and Programs Board.

Carnival overcomes problems

Noise complaint and uneasy rides take away from event

Jakie Rodriguez
Staff Writer

California Lutheran University hosted its annual Homecoming Carnival on Friday to a crowd of students, parents, siblings and community members.

Activities included typical carnival games of darts, ping pong ball toss, as well as two rides, inflatable twister, mazes and numerous bake sales and food stands.

However, despite the attractions, some CLU students felt that the carnival did not compare to those of the past.

The Homecoming Carnival was "not as great as last year," junior Michael Zavala said.

Despite the differences, the carnival remained crowded throughout the night and provided entertainment that all age groups in attendance could enjoy.

The audience was treated to live performances by CLU's dance team and H2O.

H2O led off the entertainment with a tribute to Michael Jackson. The dancers danced to a mixture of some of Jackson's most recognizable songs, gaining the most audience feedback from Thriller.

The dance team followed with "Here I Come" and had an equally satisfying performance.

Along with the live performances, CLU mascots made their way through the crowd and



Photo by Nick Gilliam - Staff Photographer

Beat It: H2O preformed a tribute to the King of Pop, dancing to some of Michael Jackson's most recognized songs.



Photo by Nick Gilliam - Staff Photographer

Fun For All: Zach Corbin (Right) throws a ball at one of the games during the annual Homecoming Carnival, put on by ASCLU-G Programs Board.

kept those in attendance moving along to the songs blaring from the speakers on the stage.

The array of music, from Journey to Grease to Taylor Swift, kept everyone moving and feeling good.

The carnival was a "great way for everyone to have a nice Friday night out," freshman Matthew Zavala said.

The most popular attractions appeared to be the two rides, despite their late debut.

One of the rides encountered difficulties upon set-up.

The second ride, closer to the end of Memorial Parkway, did not begin until after 10 p.m. A carnival worker was injured while he was setting up the ride. In addition, the close proximity and height of the trees seemed troublesome.

Despite the problems, the ride pleased most riders.

Guests who did not want to go on any rides could play carnival games and win prizes like candy and inflatable fishes.

In addition to the rides and games, students were invited to take pictures at the photo booth and write about their favorite CLU memory.

Some memories included "climbing Gumbly," "getting engaged" and a "light saber duel on Mt. Clef."

Other memories were made for

those on the Homecoming Court who were invited onstage to partake in some good-humored activities.

The stage was decorated with a large gold and purple balloon arch that served as the perfect backdrop for the court.

Royalty on the court did everything from bobbing for apples to searching for a piece of bubblegum in a whipped cream pie without using their hands.

Guests gathered to watch the challenges between each grade's courts and most seem to enjoy themselves.

While "the rides should have been up earlier," community member Frank Rodriguez, said, "the overall atmosphere was very fun."

Hopefully, CLU can learn from the positive and negative aspects of the carnival in order to make next year's even better.

CALENDAR

| | | |
|--|--|--|
| Wednesday Oct. 21 <ul style="list-style-type: none"> • University Chapel: Ron Culmer: Honoring God With Action 10:10 a.m. Samuelson Chapel • Common Ground: Brittany Mowry 9:11 p.m. Samuelson Chapel • The Need: Mika Cole 10:10 p.m. SUB | Thursday Oct. 22 <ul style="list-style-type: none"> • CLU Anniversary Bash 6:30 p.m. Gilbert Sports and Fitness Center | Friday Oct. 23 <ul style="list-style-type: none"> • Founders' Day Convocation 10 a.m. Samuelson Chapel • Founders' Day Concert 8 p.m. Samuelson Chapel |
| Saturday Oct. 24 <ul style="list-style-type: none"> • Theatre presents: <ul style="list-style-type: none"> - We - A Lonely Impulse of Delight - Thought Process 8 p.m. Forum | Sunday Oct. 25 <ul style="list-style-type: none"> • Theatre presents: <ul style="list-style-type: none"> - We - A Lonely Impulse of Delight - Thought Process 2 p.m. Forum | Monday Oct. 26 <ul style="list-style-type: none"> • Theatre presents: <ul style="list-style-type: none"> - We - A Lonely Impulse of Delight - Thought Process 8 p.m. Forum |
| Tuesday Oct. 27 <ul style="list-style-type: none"> • Theatre presents: <ul style="list-style-type: none"> - We - A Lonely Impulse of Delight - Thought Process 8 p.m. Forum | Next Week Oct. 28-Nov. 3 <ul style="list-style-type: none"> • The Tournees Festival: Azur et Asmar • The Need: Jill Cohn • Dia de los Muertos • Graduate School Fair | |

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FEATURES

Farmers Market offers fresh alternative

Kendal Hurley
Staff Writer

Cities that grow some of the freshest produce in the country surround Thousand Oaks, yet many of us still go to the grocery store every week to buy our fruits and vegetables.

The Ventura County Farmers Market, or VCFM, offers an alternative produce marketplace every Thursday from 1:30 to 6:30 p.m., off Hillcrest Drive.

The VCFM has locations in Thousand Oaks, Ventura, Moorpark and Santa Clarita. The Thousand Oaks Market is held in the empty parking lot next to the Muvico Theater at the Oaks Mall. All markets are open year-round, rain or shine.

"The produce is a lot fresher, and

you're supporting local growers when you shop there," David Ortiz, a sophomore student at CLU who used to work at the VCFM

"I like going to the Farmers' Market because I get to meet the people who are growing the food."

Cassie Ebner
Student

According to the VC Farmers Market Web site, farmers must raise, catch, gather, grow or produce the product they are selling. All food producers must have

proof of production, an on-site inspection, meet all county and state health department regulations and carry appropriate licensing.

There are many advantages to buying your groceries from the farmers market, as opposed to shopping at a traditional grocery store. The sellers are at their booths, so you can ask them any questions you want about the product, including how it was grown.

"I like going to the farmers market because I get to meet the people who are growing the food, not just selling it," sophomore Cassie Ebner said. "It's a more personable experience."

You can also sample many of the fruits or vegetables before you buy them.

Many of the vendors offer free samples so that shoppers can test the quality of the food before they spend any money on it.

There are many different vendors for one type of fruit or vegetable, so you have a greater selection than you would normally find at a grocery store.

Most of the time, the fruit or vegetables you find at farmers markets were picked earlier that day or the day before. However, when you buy them in grocery stores, they have been transported hundreds or thousands of miles to get to the store and they are not as fresh.

Many foods found at the farmers market are pesticide free, or organic. To find out which ones are or are not, a buyer must ask the vendor or look for signs at the

different booths.

Farmers markets are beneficial to the entire community because they satisfy local residents' need for fresh and high quality fruit and vegetables, as well as giving farmers a local marketing venue and providing higher revenue for them.

By shopping for produce nearby, it supports the community and the local economy.

"I have never been to the farmers market out here, but I would consider going because I am a big fan of fruit, and the fresher it is, the better," sophomore Sasha Voinovich said. "Especially the watermelon!"



For more information visit www.vcfarmers-markets.com

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Students and graduates celebrate with song

Michele Manfredi
Staff Writer

Celebrating California Lutheran University's 50th anniversary, the Homecoming Choral Choir performed alongside the Alumni Choir.

Sunday, Oct. 18, in Samuelson Chapel, the two choirs filled the chapel with music.

"I am so happy I came; I used to go here. Watching the alumni was a special moment and brought back good memories," graduate Sandra Peters said.

Conductor Wyant Morton prepared his dedicated students for this annual event that is a one of a kind performance.

"They spend a lot of hours preparing and take pride in this special event. I know we all appreciate it," senior Leslie Richman said.

Morton, being the music director and conductor, chose a wide array of music from different

points in history.

The performance consisted of contemporary, improvisatory, ethnic, experimental and crossover.

The Homecoming Choral Choir was not the only exciting part of the evening.

A professional group of artists at CLU, called Areté Vocal Ensemble, were also part of the 50th anniversary performance.

Thirty-two outstanding artists make up the Areté Vocal Ensemble, which is translated to "striving for excellence" in Greek, which is exactly what the group does.

"We perform a variety of music, all new. Each song has a great meaning behind it," a member of the Areté Vocal Ensemble said.

Scandinavian songs were performed along with a Felix Mendelssohn tribute on the 200th anniversary of his birth.

[See CHOIR, Page 6]

the **Echo**
2009-2010

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Homecoming coronation glitters with gold

Jarrod Marini
Staff Writer

The Homecoming Coronation was an even bigger celebration than normal because of California Lutheran University's golden anniversary.

Since CLU is celebrating its 50th anniversary, it only seemed right for this year's Homecoming Coronation theme to be glittered with golden decorations.

The 50th anniversary purple couch was on the right side of the stage, which many of this year's court members posed on for pictures during the ceremony.

"We really tried to work [the 50th] into the event, with gold pumpkins on the tables and cupcakes with CLU and 50 on them," said Lauren Anderson, senior and student planner of the Homecoming Coronation.

This event honored CLU students from each undergraduate class who had been nominated by their peers as members of the Homecoming Court of 2009.

This year's Homecoming king and queen were also crowned at the ceremony in one of CLU's longest standing traditions.

The Lundring Events Center was filled with court members, graduates, students and some of the court members' families and friends who were all waiting

anxiously for the 2009 Homecoming king and queen to be announced.

This year's senior court members who were eligible for the nomination included Lauren Anderson, Ben Hogue, Beth Peters Berry, Kevin Holt, Jessica Calvillo, Danny Liles, Amanda Wallace and Reshai Tate.

There were also other court members present from each class; however, only seniors were eligible to become CLU's next king and queen.

As soon as Tate and Wallace were announced as king and queen, all of Tate's and Wallace's family and friends cheered in excitement.

"I feel so overwhelmed; it's such an honor to be this year's Homecoming queen," Wallace said.

CLU's new king, Tate, is currently serving as the ASCLU-G president, working as an RA in Mt. Clef hall and is also a member of the CLU Choir and the Black Student Union.

Tate's favorite memory of his time at CLU is a tie between the Community Service Center Urban Exchange program in the fall of 2006 and singing with the CLU Choir at the Avery Fisher Hall at Lincoln Center in New York City during spring break of 2008.

"It feels great to be king. I've gotten everything I wanted and more out of my time here at CLU," Tate said. "It's like I'm floating on cloud nine."

The newly crowned queen, Wallace, has kept herself busy while attending CLU.

Wallace is a senior representa-



Photo by Doug Barnett - Staff Photographer

Coronation Queen: Homecoming queen Amanda Wallace accepts kisses and praise from the Kingsmen Quartet.

tive on the ASCLU-G Program Board, a member of the CLU Improv troupe, vice president for CLU Choir and a transfer peer advisor.

She is also acting in the main stage production this fall and in the spring opera scenes and is the president of the drama club.

One of Wallace's favorite memories is meeting her roommates in her freshman year, thinking they were crazy, although she is now living with them as her best friends.

Congratulations to all of this year's CLU Homecoming Court members, especially to the new king and queen, Reshai Tate and Amanda Wallace.

Choir performs for Homecoming weekend

[CHOIR, from page 5]

The AVE also performed "Mass" by Steve Dobrogosz, who is a jazz pianist.

In addition, "Statements" by Pelle Gudmundsen-Holmgreen, a Danish composer, was performed.

"Those were beautifully done; perfect to the T, if I can even speak on the behalf of these phenomenal musicians," Peters said. The performances were intended to bring passionate, en-

ergetic, yet unknown, music to the audience.

The Homecoming Choral Choir was indeed an event that will be remembered by the CLU students, teachers, staff and graduates.

"It was simply a night of passion for me and my husband. CLU has an outstanding composer and group you can tell work as a team to create unity," audience member Linda Koeller said.

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Heather Taylor

Animal Instinct

Long before Shakira sang about setting free the "She Wolf," Ulyana Bezeruk was stitching together clothing featuring the fanged howlers. At 17, the Australian-born seamstress started her own accessory line under the name of "Kiik," creating handbags and apparel, but she still wanted something more.

That something more would turn out to be None the Richer, an independent clothing line with strong animal influences. Named as a joke made by her brother that the line would make her, "none the richer," it couldn't be any more ironic as the clothing and accessory collection is set to explode on the Australian fashion scene.

None the Richer has already made waves in the United States. The teenage accessory Web site fredflare.com has already started selling None the Richer jewelry, specifically the Diamante She Wolf ring. The ring, with its lovely gold and amber crystals, makes

these wolves harmless.

Other distinct animals that show up in Ulyana's collections are fringed bats on a black silk jacket, a loose navy blue tunic printed with a cat's face and perhaps the most unique of all, a cream colored faux fur jacket with hand-printed flamingos etched all over it.

The 2009-2010 collections also feature a bevy of skull printed smock dresses, enormous Swarovski-crystal laden rings, velvet chain link handbags and an embellished vest dubbed "the Captain Cook."

It's definitely a line that Ulyana could make None the Better.

Etsy As One, Two, Three

Creativity really loves company. Observe Etsy, the online DIY juggernaut that has just about everyone beginning their own little online store.

As a shopper on Etsy, I can say that it is a unique Web site. The sheer amount of skill, talent and love that goes into creating or finding handmade vintage objects is truly inspiring. You really never know what you will find or the sort of stores that await you. Everything from clothing to toys and even candles can be discovered, or you can subscribe to the online newsletter, which is "hand-

picked" by a special Etsy shopper (there's a new one each week).

I do have a few favorite sellers. TheSeaChange's Jennifer Cowham makes necklaces and earrings out of charms and trinkets she picks up from traveling throughout the world. Her pieces have a timeless, bottom-of-the-ocean, sunken-treasure feel to them. Be on the lookout for the antique New York City bottle opener necklace; it's quite a stunner.

Snow White Was a Vampire's seller Kim specializes in cameo brooches and hand-crocheted, Halloween-themed key chains. Though I must say, sleepy hollow-prims has bewitched me with its collection of journals designed to look like witchcraft books straight out of 1692.

Most orders on Etsy can be paid via PayPal (an eBay extension that accepts major credit cards), and sellers are encouraged to develop relationships with their buyers via the conversations box on the Web site. One can even create a custom request for an item known on the toolbar as "Alchemy." The site is a wonderful way to create a side-business of your own, and thanks to the wide and diverse set of buyers, there is always someone who will find your creations to be absolutely fascinating.

Movie Review: Where the Wild Things Are

Alexandra Butler
Staff Writer

When you were young, it was the little things that mattered. It was the really cool igloo, or the awesome fort made out of sheets. The best part was the fort made out of sheets — it was a rocket ship, and we were the astronauts.

"Where the Wilds Things Are," directed by Spike Jonze, is a movie that captures the meaning of life through childhood.

We are introduced to Max, played by Max Reynolds, as he struggles with loneliness and the frustration of wanting to be heard. Just like the book, the movie begins with him running through the house, trying to catch his dog.

Then, after a fight with his mother, he gets to do something that no one else does. He gets to run away from home and take a ship far away to a remote island.

The monsters he encounters are no different than ourselves, dealing with the struggle of rejection, love and uncertainty. Max promises to be their king and bring them all together. He befriends these beasts.

Students from CLU agreed this movie is a masterpiece with some very deep messages.

"I think this movie was for our generation, about childhood, but it definitely wasn't a kid movie," senior, Bailey Gable said. "The adventures that Max and his new

friends encounter include playing games and building giant fortresses, but it's through fighting that

the monsters learn to forgive each other and overcome personal problems. "It was a surprisingly sad movie; I actually cried," junior Nicole Jacobsen said. The graphics are unbelievable, and, as a viewer, you believe that the furry creatures are real and are actually there.

Adults will relate to the movie's reality check. You may go looking for the things you need in life, but the reality is you already

have them. Max runs to a faraway place, from the people who love him the most. He even becomes a king. However, by the end of the movie, he misses his mother and being at home. He already had what he needed.

Leaving this movie, you will be in shock at how vivid the images are. The beach waves crash in your seat, and when they have a battle, you feel as though the dirt is going to hit you. We can relate to Max because we have all been lonely and have just wanted to feel loved. But sometimes we look for love in the wrong places.

If you don't want to see this movie, I at least ask you take a good look at your life and don't take the things you already have for granted. Even if it is just a rocket ship made out of sheets, you never know where it will take you.

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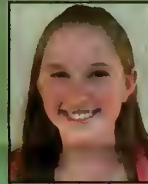
If you could bring one character to life from your favorite book, who would it be?

Edward Cullen
from Twilight."



Junior
Alex Klein

Tonks from
Harry Potter."



Freshman
Bente Larsen

Wilbur from
Charlotte's Web."



Junior
Bridgette Hariot

Captain Hook."



Junior
Clinton Pantan

Clifford the Big
Red Dog."

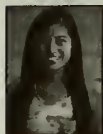


Freshman
Rian Younker

OPINION

Generation Me: always connected

Are BlackBerrys, iPhones and other personal devices becoming too great of a distraction?



Caitlin Coomber

Call us the always-connected generation.

Since the earliest mobile phones in the early '90s went mainstream, we have been in the midst of an epidemic.

America's youth have developed a full-fledged addiction to their cell phones.

We carry our iPhones and BlackBerrys around with us 24/7, hoping to never miss a call, message or memo.

Many of us leave our phones on full volume when we sleep, ready to pick up after that first ring.

It's strange to imagine a time when cell phones weren't common.

It's even more bizarre to imagine

a time when they didn't exist.

Before the 1990s, plans had to be made ahead of time, without the flexibility to call at the last minute. Parents picked up home phones when you called a friend's house.

The words "text message" did not even make sense.

Times have changed. Cell phones have quickly transformed from the working man's gadget to a teen's necessity.

Virtually every student in our age bracket has a phone.

Cell phones can be useful: providing entertainment, information and constant connection to the world.

They also carry an enormous amount of anxiety and responsibility.

The devices can interfere with personal relationships, class lectures, jobs and, of course, the writing of opinion articles.

Phones are perpetually left within an arm's reach, so we can

be contacted anytime, anywhere, instantly.

We have grown up in the generation of the Internet, where everything is immediate, urgent and in high demand.

Missing a phone call or taking too long to respond to a text message can lead to annoyance and frustration on the opposite end.

These small stresses unnecessarily increase the anxiety of the mobile majority. It's silly and senseless, but it happens.

Cell phones are also a great distraction. This, of course, turns out to be not so great when in a lecture at school.

The average class size at Cal Lutheran is about 22 students. Therefore, it is fairly obvious to both your professor and classmates that you aren't paying attention in class when you space out and begin texting friends.

You can also run into trouble with the law if you use your cell phone improperly.

Governor Arnold Schwarzenegger signed the cell phone law that went into effect last year, that "prohibits all drivers from using a handheld wireless telephone while operating a motor



Photo courtesy of stock.xchange.com

vehicle" (California Vehicle Code [VC] §23123). Under this law, drivers cannot text message while driving either.

We all see it happen while on the road. Sometimes we are the ones texting or talking without a handsfree headset.

We get into that mindset of "I have to reply to this message right now," or just try to multi-task while traveling even though we know the risks.

I am not bashing on cell phones; they aren't a hindrance to society. Mobile phones can be handy,

helpful and enjoyable when used in moderation.

However, users must remain responsible and mindful about the appropriate times to break out your smartphones and text keyboards.

Be responsible when driving and attentive in class. Don't let your life be enveloped by your cell phone.

My challenge to you: turn off your cell phone for 48 hours. See if you can kick your addiction and let the technology take a back seat.

Protesting online profiling GSA is questioned



Robert Amey

Online profiles are taking over. You should come over to MySpace and check my Facebook while I tweet my Twitter.

What is the world coming to? First, Oreos cookies go vanilla, and now I am supposed to follow status updates to see how my grandmother is doing.

I don't think that's the idea Facebook creators had in mind.

When did we become so obsessed with online profiles? It seems as if we check those more than our personal e-mails.

These online profiles, which were intended for social networking, have become a way of life. Everyone from the average joe to athletes to celebrities have online profiles.

I can't begin to explain how much I hate Twitter.

I have done, and been asked to do, some amusing things but why would anyone think I would like to follow them on Twitter?

Does the world really care that you are getting fresh French tips on your press-on acrylics? I think not.

For those who are

not familiar with Twitter, it is a social network that allows you to share all your business, all day, every day and that's it. Just status updates. No picture browsing; zero fun stuff.

Usually I am not shocked by much, but who still has a MySpace these days?

Everyone knows it's all about the face and the book. The only people I know who have a MySpace are creepers.

Let's admit, as CLU students we love us some Facebook.



Is there anyone here without one?

Even our faculty and administrators have one.

Creepy right? Yes. Your lovely advisor just saw your eye popping outfit from Saturday's house party. It's called a mini feed, duh.

Is it me or is Facebook chat always messing up?

It seems as if every time I log in I hear the infamous pop with a message asking "what you are doing?" And as soon as I reply, it never goes through.



Although I love Facebook, it has its dim-witted features like the poke.

I don't understand it; what does it mean?

I have people poking me, and to be honest, I

don't think I want to be poked.

So why are we so obsessed with online profiles?

It's that laziness trait that has built this amazing place we call America.

We would rather find the closest computer and log on to our page and read how our friends are doing instead of genuinely asking.

We hit the Twitter for updates to see how people are doing.

We hit the Facebooks and MySpaces for the photo albums of events that we should have been at.

What's even more bizarre is that we didn't show up, taken the countless event invitations sent.

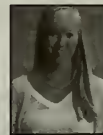
We have become addicted to the clicker.

Does anyone talk in person anymore?

When did it become so uncommon to knock on a friend's door to see how they are doing.

Maybe I should start a social network site called "Thinking," and everything you share would be called "thoughts." Genius!

Photos courtesy of Facebook, Twitter and Myspace



McKenzie Becker

Get over it.

This is what students and faculty at CLU are being told by the Gay-Straight Alliance.

Members of the Gay-Straight Alliance are posting signs around campus with bold, in-your-face letters stating "Some people are gay. Get over it."

It is surprising to see these posters scattered around the Lutheran campus.

It made me wonder what families thought when they came here for parents weekend hoping to receive positive, Lutheran morals.

Instead, they must have been surprised to find signs on walls and walkways around campus insisting to "get over it."

When people hear of a university with "Lutheran" in the title, they think of a school with Lutheran values and traditions.

I was one of those naive applicants who believed this.

When I applied to colleges as a senior in high school, I was looking forward to attending a university that coincided with the morals I have been raised with.

Private universities such as Pepperdine, Azusa Pacific and Biola have based their schools

values on the Christian faith.

They stress the attendance of chapel and encourage students to participate in youth group.

Unfortunately, as I and many others have come to find, that's not the case here at CLU.

It seems that the Gay-Straight Alliance is forcing their views upon students more than the university forces Lutheranism.

The rainbow doorway that was up near the flagpole, at the center of campus is another gateway for the GSA to pressure students to accept people choosing to be lesbian, gay, bisexual and transgender.

Students are complaining that the rainbow doorway is pressuring students to go against their own views.

Everyone has the right to voice their opinion, but not to force their opinion on others.

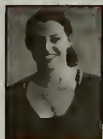
In my opinion, we should not feel bad if we do not want to walk through the "rainbow."

We do not have to give in to the pressure the GSA is trying to put on us.

I, for one, do not care if you are gay, but between the posters and the rainbow, it's becoming somewhat of an annoyance.

"I think that they have every right to voice their opinion, but other people have just as much of a right to completely disagree," junior Jackson Damron said. "No one should be able to force their views upon others."

Is Peace Prize too much, too soon?



Anna Meyer

President Obama accepted being chosen as the latest recipient for the Nobel Peace Prize last Friday, but is it a recognition that he has truly earned?

Obama has only been in office for nine months and has had very little time to make efforts that merit the recognition of the Nobel Peace Prize.

I believe that this recognition is premature, especially in comparison to efforts, which previous recipients were honored for.

In receiving this recognition Obama became the fourth U.S. presidential recipient joining the likes of Theodore Roosevelt, Woodrow Wilson and Jimmy Carter.

According to nobelpeaceprize.org, the Norwegian Nobel Committee selected Barack Obama as the recipient of the Nobel Peace Prize "for his extraordinary efforts to strengthen international diplomacy and cooperation

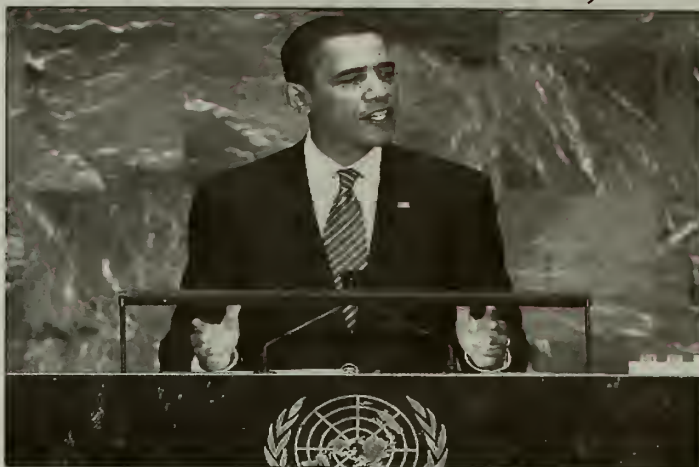


Photo courtesy of Mirror.co.uk News

Many Speculate: President Obama accepts the prestigious award and becomes the fourth U.S. president to receive a Nobel Peace Prize.

between people?"

I question whether Obama has earned such recognition and whether his hope for peace and plans for nuclear arms agreements are a reality or simply a pleasant idealistic vision.

I believe that Obama does have a lot to offer not only this country but also the world. He has an

extraordinary vision for hope among all people and a world filled with peace between all nations.

However, a simple vision does not become a reality overnight. So far there has been very little done that has actually proven his vision to be a possibility.

Does Obama deserve this

recognition? I do think Obama has done some good things.

He has caused a wave of hope for a better future across America and the world. The American people elected him based on this idea of hope for change.

In comparison to his predecessors' actions, Obama is far from creating a more peaceful

world.

Although he has many good intentions such as ending fear created by the possibility of a nuclear war, creating peace between Palestine and Israel and working to better the environmental effects of our nation. In reality very little action has been taken to make these things a possibility.

How can a president who is in the process of considering sending more troops to fight a war in Afghanistan be awarded for his peacemaking?

It is also disconcerting when receiving such recognition shocks the president himself.

"I am surprised and deeply humbled by the decision of the Nobel Committee," and "I do not feel that I deserve to be in the company of so many transformative figures who've been honored by this prize," said Obama, according to whitehouse.gov.

As an American, I am honored that the Norwegian Nobel Committee puts so much faith in the leader of our country and I do hope that this recognition will lead to something great.

However, it also has every possibility of creating a promise that might not ever be lived up to.

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\$1,300 Premiere Seating
\$2,000 Inside Corner Rows 15-20

\$3,300 Cent. Loge, \$2,900 CL Rows 15-20
\$2,300 Inside Corner
\$1,300 Premiere Seating
\$2,000 Inside Corner Rows 15-20

12 GAME PACKAGE

\$996 Corners
\$840 Loge End
\$570-200 Level

Phoenix 10/28
Memphis 11/7
Toronto 11/13
Denver 11/20
Minnesota 11/23
Indiana 12/5
San Antonio 12/13
Boston 12/27
Philadelphia 12/31
LA Lakers 1/6
Miami 1/10
New Jersey 1/18
Utah 2/9
Sacramento 2/20
Charlotte 2/22
Oklahoma City 3/5
New Orleans 3/15
Golden State 3/28
Portland 4/7

Dallas 10/31
New Orleans 11/9
Oklahoma City 11/11
Memphis 11/29
*Houston 12/2
Orlando 12/8
Washington 12/14
Portland 1/4
Cleveland 1/16
Chicago 1/20
San Antonio 2/6
Atlanta 2/17
Detroit 2/24
Utah 3/1
Phoenix 3/3
Milwaukee 3/17
Sacramento 3/21
New York 4/4
Golden State 4/10

Phoenix 10/28
Denver 11/20
Orlando 12/8
Boston 12/27
LA Lakers 1/6
Cleveland 1/16
San Antonio 2/6
Oklahoma City 3/5
Golden State 3/28
Portland 4/7
Dallas 4/12
LA Lakers 4/14

8 GAME AND 4 GAME PACKAGES ARE ALSO AVAILABLE
FOR MORE INFORMATION CONTACT JOSH MOSKOWITZ
phone: 213-765-0476 e-mail: jmoskowitz@clippers.com

SPORTS

Celebrating the history of Cal Lutheran athletics

Sara Grimes
Staff Writer

From Porta-Johns to brand new state-of-the-art facilities, CLU's sports department has grown tremendously throughout the past 50 years.

"At one point women's sports and all sports teams except for basketball and football were without any locker room or meeting space. All the sports that used to participate on North Campus prior to the new facilities used Porta-Johns exclusively for bathroom service and none of the sports programs had shade at half time," director of athletics Dan Kuntz said.

California Lutheran University's athletic department began with men's basketball, track and baseball.

Former football coach Bob Shoup has experienced the growth of our athletic department and sports teams. He was present to help nurture the growth of football and tennis with his time here at CLU.

The year 1970 to 1971 became known as the year of "tight money," but it also became known for the first and only year the Kingsmen won a NAIA football championship.

Shoup is responsible for leading

the team to the championship.

"The 1971 national championship was unusual and special for us. CLU was in debt at the time and it was a psychological turnaround for us. It was also the year the Dallas Cowboys won the championship, so it was a year of champions," Shoup said.

Shoup was at CLU from 1962 to 1989 and was present for the building of the football field and football facility in 1972. He has seen many changes take place at CLU since his coaching days.

"Things were simple when I coached. Eleven guys went out and played; and occasionally there were subs," he said.

Today's football team consists of 112 players and continues to grow each year. CLU athletes were not the only ones to practice on the field though. In 1963 the Dallas Cowboys began summer training camp at CLU and continued to do so until 1989.

"I would say early on the Dallas Cowboys helped put CLU on the sports map. CLU football's NAIA national championship set the stage for excellence in sports on campus," Kuntz said.

In the fall of 1986, CLU joined the



Photo courtesy of Creative Media

Golden Age: CLU football won its only national championship in 1971.

Golden State Athletic Conference (GSAC) and began competing with five sports teams and six individual sports. In 1989, CLU joined the Southern California Intercollegiate Athletic Conference (SCIAC).

Serving his 17th year here at CLU, Kuntz has also seen his fair share of changes.

"During my time I have seen all

the new athletic facilities come on-line, from a time when all sports were pretty much housed in a single group of trailers with a couple of chairs and one phone, to what we have today has been a remarkable achievement for CLU," Kuntz said.

The Kingsmen name was born in 1962, and it was not until 1970 when women's athletics adopted the

Regals name.

"I've been a part of looking at the history of our team names (the Kingsmen and the Regals) as we have worked hard to make them more prominent and visible," Kuntz said.

Despite not hosting women's athletics as long as men's, the Regals have made an impression on the SCIAC conference.

"Women's soccer, with 12 SCIAC titles, and baseball, with nearly the same, have been very successful. More recently women's basketball, volleyball and water polo have made their marks," Kuntz said.

Some of the newest additions to CLU's athletic department would be the Gilbert Sports and Fitness Center, which was dedicated in October 2006. In 2003 CLU added intercollegiate athletics programs for men and women's swimming, diving and water polo. The Samuelson Aquatics Center was opened in March 2007.

"The technology and the addition of the fitness center have greatly developed since my time here," graduate Rick Myers said.

CLU has expanded and developed over many years and throughout the next 50 years to come, it will continue to do so.

Regals' offense momentarily put on hold versus Oxy

Allie Mansfield
Staff Writer

As the Regals soccer team entered their match Saturday on their home field against the Tigers of Occidental College, with a 3-2-1 record in SCIAC, the Regals were hoping to beat their opponents and leave the field with a solid win.

Players, fans and coaches are also hoping for a win when the Regals play their next match against the Poets of Whittier College today at home.

As both teams fought hard during the first half to take the lead, both were unable to put the ball in the net within the first 45 minutes of the game. In the 60:37 mark, Oxy's Liz Martin scored the opening goal to take the lead 1-0.

Just two minutes later, the Tigers' Alex McHenry scored the final goal of the game giving Oxy a 2-0 lead over the Regals.

The Regals lost, and it wasn't an easy defeat to swallow.

Junior forward Brittany Clark and sophomore forward Aubrie Smith led the team with attempted shots on goal with three apiece as the team pressured the Tigers' keeper with 12 shots on goal.

"My opinion of the loss was that we didn't match the effort of our opponent from beginning to end," assistant coach Josh Parker said.

After suffering a shutout loss, something that hasn't happened to the Regals since the beginning



Photo by Art Miller - Creative Media

Blanked: The Regals failed to score for only the second time this season.

of the season, the players decided that it would not be the case for their game the following day.

With not even a day to recover, the Regals were back on their home field as they played the Banana Slugs of UC Santa Cruz on Sunday, Oct. 18.

"The difference from the game on Saturday and Sunday was like night and day. Every team has that one game in which they do not play up to their potential; Saturday was our one game," sophomore midfielder Kelsey Dunn said.

"Our game on Sunday was fantastic, everything clicked, the

communication was great, our passes were great and finishing the ball looked easy. We came out pumped up and ready to play."

The team's unity and drive showed when CLU's sophomore defender Jen Jones and sophomore goalkeeper Laura Brain stopped a few of the Slugs' point blank shots.

CLU finally took the lead at the 12:39 mark when the Regals scored on their only corner kick of the game, with a kick from senior midfielder Kelsey Sullivan which was headed by freshman midfielder Kaylee Kirk for a 1-0 lead.

The second goal came only 49 seconds later when freshman forward, Mayra Virgen, took the ball down the field and found freshman midfielder Nicole Rains, who put the ball in the net giving the Regals a 2-0 lead.

"I think everyone contributed to this win. As the saying goes, 'There is no 'I' in team.' No one can say they won the game or lost the game. Each person adds something to each game," sophomore forward Rosemarie Lombardi said.

CLU continued to work as a team when they added to their lead.

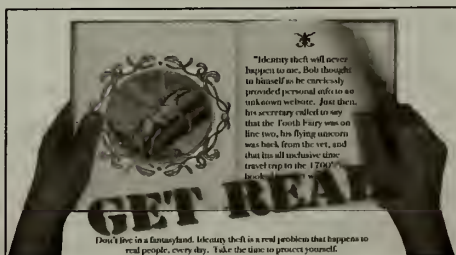
The final goal of the game came from junior midfielder Alyssa Yamauchi, who shot from point blank range following a lifted long shot from freshman midfielder Jessica Reid that managed to hit the cross bar and land at the feet of Yamauchi, bringing the score to a 3-0 lead at the end of the first half.

In the second half, UCSC's Kara Ticus managed to score on Brain, but it wasn't enough to claim a victory, as that was the final goal and the score was left at 3-1.

"Today might have been one of the best overall team performances of our season, especially the first half," Parker said. "The girls worked hard to get to every ball. They were committed to connecting passes and defending as a team."

As the Regals prepare for their next SCIAC game against the Poets of Whittier College, both players and coaches are ready to practice hard to earn another victory.

"For next week's games, we are planning to bring it for the entire 90 minutes. The most important thing to do for the remainder of the season is to bring our 'A' game. I don't believe that the score is set in stone, it just depends on which team has come ready to play," Dunn said.



Kingsmen outlast the Stags on Homecoming day

Andrew Parrone
Staff Writer

By guiding his team on the game-winning, 85-yard touchdown drive in the final minutes of Saturday's 21-14 victory against Claremont-Mudd-Scripps, senior quarterback Jericho Toilolo erased all memories of an uncharacteristic performance.

Starting at his own 15-yard line, Toilolo connected on three straight pass attempts, including the 45-yard touchdown pass to junior receiver Christian Edwards with 1:52 remaining that put the Kingsmen ahead for good on Homecoming weekend.

Toilolo finished the game 8-for-25 for 147 yards passing with one touchdown and two interceptions.

Cal Lutheran goes on the road for the next three games, starting next Saturday, Oct. 24, at non-conference opponent Chapman University.

"I just tried to step up when the team needed me," Toilolo said of the game-winning drive. "The offensive line gave me great time and our wide receivers made some great plays. Coach told me to stay confident."

Even after the rough start, head coach Ben McEnroe never doubted

Toilolo's ability. "We didn't put Jericho in a very good spot with poor pass protection and some dropped balls," McEnroe said. "Big-time players make plays when the game is on the line, and Jericho certainly did that."

While both offenses started slowly, it was the Kingsmen defense that provided a spark. With the Stags driving and in field goal range, junior defensive back Brett Lewis intercepted an errant pass and returned it 81 yards for a touchdown and the game's first score. The Kingsmen took a 7-0 lead into halftime.

After C-M-S tied the game at 7-7 midway through the third quarter, CLU marched 78 yards down the field. Senior running back Brian Stuart capped off the drive with a 5-yard touchdown run. The Stags again scored on the ensuing drive to tie the game at 14-14, but were held scoreless for the rest of the game.

Stuart provided the biggest performance of the contest, rushing 31 times for a season-high 141 yards and a touchdown. He now has 525 yards and eight touchdowns on the season.

"Brian is just a throwback football player," McEnroe said. "He brings

great speed and quickness to the position, unlike anything we've had the last few years here. But the biggest thing is the fact that he understands the game and has a passion for what he does."

The Kingsmen played in front of an estimated crowd of 1,946. The extra support and heightened atmosphere helped to give the players added motivation.

"The team was really excited to play," senior defensive lineman Sawyer Merrill said. "Especially because it was Homecoming and for all the alumni that were there supporting us."

McEnroe was thrilled to get the victory this weekend for his alma mater.

"It means the world for us to win that game in front of our CLU family," McEnroe said. "Words can't describe how we feel about winning at homecoming."

Chapman is the next opponent on the slate for CLU. The home team has won the last three matchups. Though Chapman is only 2-3 on the year, the Kingsmen know they still have things to work on to continue their success.

"We need to execute better as a team and take care of the ball," Toilolo said. "We have had too



Photo by Max Buchanan - Staff Photographer

Close Call: The CLU defense shut out the Stags in the second half to win.

many turnovers the last two games and put our defense in some tough situations."

The Kingsmen have a tough three-week stretch ahead of them, but the focus has to be on the next contest.

"We have to stay focused on the game in front of us," McEnroe said.

"If we apply the old adage 'one game at a time' and work to be the best we can be, we'll be just fine."

So far this season, the focus and hard work have paid off.

"It showed how much we want to win conference and that we have the drive not to give up," Merrill said.

Regals split four at Fall Classic

Brandon Kennedy
Staff Writer

On Homecoming weekend, with so many other things that could be going through someone's mind, the Regals were focused on improving their team by performing exceptionally in the weekend's tournament.

Hosting teams from around the country, CLU held its 2009 Fall Volleyball Classic, where the Regals ended up splitting the tournament at 2-2.

The Classic included six teams from the Southern California Intercollegiate Athletic Conference (SCIAAC), as well as a few other teams including Birmingham Southern of Alabama, Wisconsin Lutheran and Haverford of Pennsylvania.

The Regals won their first game 3-0 against UC Santa Cruz and lost 1-3 against Birmingham Southern in the two Friday games.

Saturday the Regals beat Wisconsin Lutheran 3-0 and lost a nail-biter to Haverford 2-3 in Saturday's contests.

"We played well and beat the teams we needed to beat," head coach Kellee Roesel said.

She also mentioned how this tournament was simply to help the girls get some more experience and help them improve.

"Our two freshmen starters get better with every game," Roesel said of setter Jackie Russell and outside hitter Rachel Smith.

Roesel felt the team received their serves well in this tournament, and can improve on their blocking. Roesel also mentioned that sophomore outside hitter Casy McWhirk

came in and played well and senior outside hitter Bridgette Redmond brought a lot of communication to the floor.

"The kids are working as hard as they can," Roesel said.

She feels that with a young team, hard work and dedication can lead to a great future. Russell felt that they did a good job on the weekend.

"We finished the tournament really well," she said.

Russell felt she had an up-and-down overall performance, but the competition of the teams they played was high. According to Roesel, the Regals could've lost all four games if they weren't on top of their game.

Russell averaged 43 assists in four games, with 63 assists coming in the last game against Haverford. Rachel Smith had a team high of 24 kills in the game as well, averaging almost 16 kills per game over the

tournament.

After missing the two Friday games due to injury, one of the teams' middle blockers, Allison Kerr, came back on Saturday and had two strong games against Wisconsin Lutheran and Haverford.

Kerr had nine kills in the first game and 12 in the second.

"We talked a lot and were very vocal," Kerr said.

She felt communication helped lead them to a 3-0 sweep of Wisconsin Lutheran. Kerr also felt that they were able to focus on playing together as a team and keeping each other going in the right direction.

"We need to keep talking and focus on the next play," Kerr said, talking about their next match, which ended up going into the last set with Haverford barely edging out Cal Lutheran 15-12.

The Regals are set to play at Whit-ter, Tuesday, Oct. 20.

CAL LU SPORTS CALENDAR

| | Wed. 21 | Thur. 22 | Fri. 23 | Sat. 24 | Sun. 25 | Mon. 26 | Tues. 27 |
|------------|--------------------|-------------|-----------------------|-------------------------|------------|------------|--------------------|
| FOOTBALL | | | | at Chapman 7pm | | | |
| WATERPOLO | at Redlands 5pm | | | vs La Verne 11am | | | |
| SOCCER | vs Whittier 4pm | | | at Redlands 7pm | | | |
| SOCCER | at Whittier 7pm | | | vs Redlands 11am | | | |
| VOLLEYBALL | | | vs La Verne 7:30pm | at Pomona-Pitzer 6pm | | | at C-M-S 7:30pm |

Shade denotes home game

HAPPY HOUR 4 TO 8 PM, 7 DAYS
1/2 PRICE APPETIZERS

LIVE MUSIC & DANCING EVERY FRIDAY

HOCKEY LOUNGE

SATURDAY COLLEGE FOOTBALL

SUNDAY NFL

JOIN US FOR ALL THE LAKER GAMES... "GO LAKERS!"

THE HOTTEST SPORTS BAR IN TOWN!

Final conference games key for playoff spot



Photo by Laura Dale - Staff Photographer
Beavers Busted: Caltech only managed to put up one goal against CLU.

Third place Kingsmen aim to improve in standings

Greg Gelber
Staff Writer

The Cal Lutheran men's soccer team earned two huge wins this week, as they make a push for playoffs.

The Kingsmen beat the Caltech Beavers 3-1 on Thursday, Oct. 15.

In the first two minutes of play, Caltech's Thomas Kwok had an early opportunity to take control of the game, but missed the shot, with a great save by Kingsmen goalie Chris Capellini.

In the sixth minute, Cal Lutheran scored the first goal of the game. Raul Yezpe got a well-placed pass from Alex Tragos, which made the score 1-0.

About 18 minutes later, Jorge Martinez assisted Ross Taira-Kuehu, making the score 2-0 in favor of the Kingsmen. The Beavers' only goal in the match occurred because of a foul committed by the Kings-

men in the penalty area. Jonathan Yueng converted the penalty kick for the Beavers, bringing the game within one point.

The Beavers only had five shots on goal throughout the whole game, thanks to a stout defense and a dominating offense by the Kingsmen. The final goal of the day for the Kingsmen occurred on their final shot, with a corner kick that was volleyed by Corey Volkmar; his first career goal as a Kingsmen.

Cal Lutheran played a total of 23 players during this game, which is the most that have played in a game all year.

With the win, the Kingsmen moved to 5-4 in SCIAC play.

The Kingsmen next played Occidental on Saturday, Oct. 17. It was a highly contested game, with the Kingsmen coming out on top with an important 3-2 road victory as far as the SCIAC is concerned.

Freshman Yezpe scored the first and third goals of the game for the Kingsmen, making him the team leader in goals with 11 for the season.

During the sixth minute, he connected with his first goal, putting

the Kingsmen up 1-0. After about 22 minutes of no goals, Daniel Watson of Occidental tied the game 1-1. With the score tied, Conner Pearce got a free kick, which he put past Tigers goalie Andrew Larkin, making the score 2-1.

As the game began to wind down, the Tigers tied the score 2-2 in the 67th minute with a goal from Ben Grime, which was assisted by Daniel Watson.

The score did not stay tied for very long as Yezpe connected in the 73rd minute, putting the Kingsmen back on top 3-2. This was an important victory for the Kingsmen, who moved to 6-4 in conference play.

With this win, the Kingsmen are in sole possession of third place, only a half game behind C-M-S and University of Redlands for second place. Also, they move to within 2.5 games of Pomona-Pitzer who lead the SCIAC with a 8-1 record.

CLU plays Whittier today and Redlands on Saturday.

This will be a significant week for the Kingsmen as there are only four SCIAC games remaining on their schedule.

CLU sinks in conference opener versus Whittier

Rachael Hubbard
Staff Writer

Whittier College defeated the California Lutheran University men's water polo team 12-6, but it'll take more than that to shake the team's confidence.

"So far we have only played one game in SCIAC, and that doesn't mean a lot because the only part of the season that really counts is ahead of us," CLU junior driver Wes Lewis said. "We are looking forward to conference and we think we can do really well."

The game took place on Saturday, Oct. 17, at the Samuelson Aquatics Center.

After the opening whistle, the Poets' junior center, Jordan Van Norman, scored his first two goals. At

the end of the first quarter, trailing 2-0, CLU's Lewis scored the team's first goal of the game with only seven seconds remaining, making the Kingsmen down by only one.

In the second quarter, Whittier scored five goals from players Van Norman, Cameron Lew, Robert Nihei, Will Jackson and Lincoln Haley.

Coming out of halftime, CLU utility freshman Trevor Owens scored seconds after a power play opportunity expired making the score 7-2.

After Whittier College scored two goals, senior two meter offensive player Matt Heagy and Sophomore Utility Brandon Gross scored on back-to-back CLU possessions to make the score 9-4.

Heagy scored another goal in the fourth quarter for a match-high of

three, and CLU senior goalkeeper Jordan Bouey recorded nine saves in this match.

"We had a slow start and didn't really show up as fired up as Whittier did," Lewis said. "The second half wasn't bad, we just didn't play as well in the first half and that's what resulted in the score. We have good pieces; we just need to put them all together for a whole game."

The team feels that if they can get off to a better start, it will go a long way in helping them win.

"The game could've gone better. We had trouble coming back from our slow start," sophomore two meter offensive player Brian Gross said. "We learned a lot from this game though; we learned what works and what doesn't."

Before conference play started,

the Kingsmen played multiple Division I teams.

"With our Division I schedule, while it prepares us for SCIAC play, it's a challenge to stay positive," assistant coach Matt Warshaw said.

This was the Kingsmen's first SCIAC game of the season and even though it was a loss, the team is looking forward to their other conference games.

"We have been trying new game plans as we go along and seeing

what works for us. We are still trying to find to right one," Brian said.

The Kingsmen are a young team with a promising future.

"Everyone on the team is a very talented player. We have a stacked line up of accomplished athletes. Everyone wants a win and to play well for each other. Even though we play some difficult teams, if we stick to the game plan and play well, winning will take care of itself," Lewis said.



Photo by Nick Gilliam - Staff Photographer

Great Save: Senior Goalkeeper Jordan Bouey made nine saves in the team's loss to the Whittier Poets.

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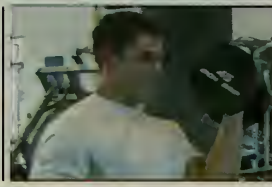
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Trinity Hall
Dedicated

Page 2



Daily
Struggles of a
Body Builder

Page 6



Regals
Soccer
Breaks Even

Page 12

October 28, 2009 Vol. 54 Number 6

the Echo

Health Department writes up CLU Dining Services



Clean, not Clean?: A CLU student reaches for utensils in the Caf during lunch on Monday. Dining Services received a dozen health-code notations from Ventura County Environmental Health.

Photo by Laura Dale - Staff Photographer

Jackie Rodriguez
Staff Writer

Unsanitary utensils, food in contact with soiled equipment, inappropriate storage and unsanitary cleaning cloths are just some of the notations facilities on campus received.

On Oct. 7, Ventura County Environmental Health conducted a surprise inspection on dining facilities at California Lutheran University.

Some of the inspected facilities on campus included the Cafeteria, the Centrum, Mogen Market and a la Carte.

The Health Department found over 10 issues, and they "made notations but did not cite anything as being in violation," said Daniel Slattery, director of Auxiliary Services.

A violation is a serious offense that requires a second visit from the Health Department within 24 hours after one is cited.

A notation does not require a secondary inspection nor give a deadline when the issue needs to

be resolved.

Although the Health Department did not encounter any problems that could constitute a violation, decadeonline.com listed the 12 notations that the Centrum and Cafeteria received.

Most of the notations involved the placement of utensils in unsanitary locations and the food that came in contact with the soiled equipment and utensils.

While other facilities such as the a la Carte and Mogen Market were inspected, most of the focus was placed on the Cafeteria and Centrum because that is where most of the cooking and preparation of food takes place.

The Health Department "went through the Cafeteria and Centrum with a fine-toothed comb," Slattery said.

The inspection was conducted during the middle of the lunch hour when the facilities were busy and the workers had to work at a faster speed.

At the time of the inspection, someone placed a utensil they [See NOTATIONS, Page 3]

CLU receiving more neighbor complaints

Hanna Halldorsdottir
Staff Writer

The relationship between CLU and its neighbors is becoming increasingly problematic.

Less than two months into the school year, California Lutheran University already has received multiple complaints from residents living in areas surrounding campus.

"There have always been a few incidents that negatively impact neighbors every year," said Bill Rosser, vice president for Student Affairs and dean of students. "However, there have been three or four matters this fall semester, so it does feel like an increase at the moment."

Rosser commented that one of the reasons for this increase might be that CLU is expanding and there are more students living in the community.

"It comes in waves," said Michaela Reaves, history professor at CLU. "Some years we get a particularly rowdy group situated in

one dorm and then there may be parties and the neighbors get involved, and then other years it's really quiet."

Reaves also noted that this year CLU welcomed its largest freshman class in the university's history. These students are still settling into college life and getting used to living on their own.

According to Rosser, CLU has always tried to be considerate to its neighbors. It was for that reason that the music at the Homecoming carnival was shut off earlier than originally planned.

"We have noise ordinances in the city of Thousand Oaks that shape our choices in this regard, and we try to be good neighbors to the residential community that surrounds the campus," Rosser said.

Earlier this month, Rosser partnered with Fred Miller, director of Public Safety at CLU, in writing an open e-mail to the university's community.

"This was a letter reminding [See NEIGHBOR, Page 3]

Dinner celebrates CLU's 50 years

Vanessa Lara
Staff Writer

CLU founders, donors, community members, faculty, staff, graduates, current students, family and friends reflected on memories and celebrated the past five decades at CLU's 50th anniversary birthday bash Thursday night, Oct. 22.

The celebration began at 6:30 p.m. at Gilbert Sports and Fitness Center with cocktails and hors d'oeuvres.

Attendees mingled and reunited with old friends. For dinner, every food station represented a different decade including the '60s, '70s, '80s, '90s and 2000s.

After the invocation, President Chris Kimball introduced a video of CLU's journey over the past 50 years.

The video highlighted all of CLU's greatest achievements, from the vision of Richard Pederson to the recent dedication of Trinity Hall.

"It's amazing to see how much CLU has grown and changed in the last 50 years," said Kristen Luna, one of the six student am-

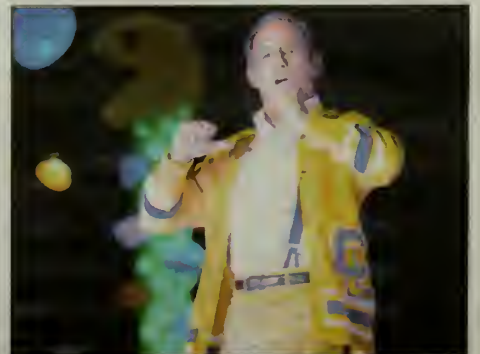


Photo by Doug Barnett - Photo Editor

Yell Leader: Attendees are lead in a CLC cheer at the 50th dinner.

bassadors at the dinner. "As a student ambassador, it was amazing to be able to talk to some of the founders of Cal Lutheran and past presidents."

Kimball introduced some of CLU's former presidents, community board members, officials and other university affiliates who have made an impact on CLU including Ethel Beyer, California Lutheran College's first employee.

CLU graduates, Karsten Lundring, '65; Vicki Arndt, '79; Mark Jenest, '83; Desta Goener, '96; and Joshua Banday, '08, kicked off a presentation of CLU memories. They each represented their generation.

A fashion show displayed the different casual and formal styles students wore in the past decades.

From the hippie style of the '60s, [See BASH, Page 3]

NEWS

Democrat club brings health-care debate to campus

Jesse Knutson
Staff Writer

Recently, health care has been more common to talk about than the weather.

With Washington throwing out numerous proposals suggesting different reforms, the question isn't if something will change, but when and what?

The College Democrats Club at California Lutheran University showed Michael Moore's "Sicko" on Thursday, Oct. 22.

The Halloween-themed event was held in the Grace Hall lounge, and Halloween treats were provided. About 20 students showed up to watch the movie and engage in a discussion about health care after the movie.

"Sicko" was created to reveal the problems in health care in the U.S. by looking at corruption in health maintenance organizations (HMOs) and comparing the U.S. to countries with universal health care.

"I think it's extremely valuable



Clark



Berg

to show and discuss current political issues," said Evan Clark, vice president of the College Democrats.

One of the main reasons for showing "Sicko" was to educate people on health care with the numerous facts that were in the movie, as well as encourage discussion.

"Everybody has a health-care story to tell," Grant Berg, president of the College Democrats said. "Everybody has a grandpa with cancer or a grandma with a hip replacement."

"My father is a general surgeon. He had heart trouble and was put in the hospital for two nights," said Berg, telling a health-care story of his own. "He was later

denied by our health-care service and told he owed the hospital \$43,000."

Berg continued to explain how his mother had to make numerous calls to the hospital and health-care provider to straighten things out, eventually Berg's father's health care was approved.

The Huffington Post recently launched a campaign to look into health care and find problems that exist.

The Huffington Post published a story about victims of rape and how their health-care providers responded.

Many HMOs find that through rape, victims have pre-existing conditions including sexually transmitted infections and Post-Traumatic Stress Disorder.

This leads to HMOs finding the

victims ineligible because of their pre-existing conditions.

In Washington, Democrats and Republicans cannot come to an agreement on what would be best plan for the general public.

A central issue is the cost and what the bill will cover.

The initial cost of many health-care bills is estimated at hundreds of billions of dollars with one bill reaching over a trillion dollars.

"Health care doesn't come down to what it costs, it comes down to saving lives," Berg said. "There are long-term, unforeseen benefits."

"Sicko" largely ignored the millions of Americans without coverage, but focused on the stories of Americans who have insurance and later were denied benefits when they needed them most.

Many of the stories in the mov-

ie ended in death, the families spending all of their money or individuals traveling to other countries to seek medical attention.

"We are the only developed western civilization without a universal health-care system," Clark said. "The health-care system should be run by a government who cares for the society rather than companies who care about money."

The movie also featured interviews with people who worked in the health-care industry.

All of the stories had a common thread: The companies that they worked for only cared about saving and making money, not helping people.

"Who would you deny health to?" Berg said. "Who would you deny life to?"

Trinity Hall dedicated

Lynn Clahassey
Staff Writer

On Friday, Oct. 23, many gathered in front of Trinity Hall to observe the dedication ceremony of CLU's newest residence hall.

The completion of Trinity Hall, which houses 220 students in four- and six-bedroom suite-style rooms and studio-style rooms, makes for the largest residence hall on campus.

"Residence halls are the most sacred places for students," Bill Rosser, vice president of Student Affairs said. "We have Grace, Mogen and now Trinity, which finalizes much of what CLU set out to do in terms of residence life."

The dedication ceremony celebrated not only the completion of the largest advancement on CLU's campus, but recognizes Trinity as a huge contributing part to the university's master plan.

It has exceeded above and beyond what everyone thought to be just another dorm.

"It's such a beautiful dorm. Apart from the rooms being very spacious, the apartment-style living of Trinity gives students a feeling of independence," junior and Trinity Resident Assistant Sam Lovetro said.

CLU's President Chris Kimball also offered remarks during the ceremony.

"Trinity is by far the biggest, most sophisticated, and lavish of all the dorms on campus. Today we make the dream of Trinity hall come true."

Not only is Trinity the biggest

campus dorm, but it is so large that classrooms have been built inside, making classes convenient for students living in the hall.

Although the question as to when the classrooms are going to be put to use is still being debated.

"We do use them for CLU, and student affairs meetings," said Christine Paul, associate director of Student Life. "Unfortunately we were afraid that Trinity wasn't going to be done in time for fall classes."

Having classes in Trinity will bring about a sense of unity between academics and student life.

This will hopefully promote a different type of learning environment in which students and professors will be able to work in the comfort of a campus dormitory.

With every new building comes unexpected problems that have left students, Facilities and Residence Life in a bit of a predicament.

Students have recently complained about a recurring ant infestation in many Trinity Hall rooms.

"We just randomly started seeing them in the kitchen," junior Trinity resident Thea Cornell said. "There wasn't any food out, that I saw at least, but then it got worse and we started finding them in our rooms."

Students have tried Raid pesticide, ant traps and even cleaning spray to fight off the critters. In some cases, CLU has paid for rooms to be fumigated.

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Students think twice about dining at CLU

[NOTATIONS, from Page 1] were using closer to them rather than in their appropriate location so that they could have faster access to it, Slattery said, which contributed to the unsanitary notations.

Nevertheless, the Inspection Summary Report found that the Centrum did not need any immediate corrective action.

Yet some students still feel surprised and upset about the notations the food facilities received.

"I am extremely shocked. I thought CLU was all about keeping things sanitary," junior Lucy Cancino said when she first learned of the notations.

While the notations were not serious enough to illicit a violation, the notations are enough of a reason to keep some students away from eating at the facilities.

"I already do not go to either place, but now with this news, I am definitely not going back there any time soon," Cancino said.

Cancino is not the only student on campus who has become wary about going to either location again.

"I would go less often because this makes me think of how unsanitary things can be," senior Monica Madrigal said.

Some students believe that the unsanitary conditions may have caused a problem for students.

"This may be the reason why so many of us get sick," Madrigal said.

Madrigal and other students may have less to worry about now.

According to Slattery, all of the items that received notations should have been corrected by food services.

In addition to the corrected notations, daily procedures help to increase the safety and sanitation of the cooked food.

"Daily walk-throughs and specific cleaning assignments are conducted by workers," Sodexo General Manager Dina Davis said.

In another effort to increase the quality of ordered food, three cooks from dining services attended a workshop over summer on food safety by the Ventura County Health Department.

The cooks who attended now have a food handling safety certificate, "which gives Sodexo hourly staff an increased awareness of any possible food or equipment hazards," Davis said.

According to Slattery, workers should better manage their space to prevent future problems from arising and from receiving the same notations.



For more information visit www.decadeonline.com

For the Record:

In the Oct. 21 issue of the Echo:

- In the Homecoming Carnival story, Michael Zavala was listed as a junior, when in fact he is a sophomore. Also, Jakie Rodriguez witnessed the carnival ride attendant suffer his injury.
- The article about the Homecoming Choral Concert gave erroneous information about the performers. The concert featured the CLU Choir, Women's Chorale and the Alumni Choir. The Arete Vocal Ensemble will perform on Sunday, Nov. 8.

More students, more complaints?

[NEIGHBOR, from Page 1] students to be good neighbors, follow the rules and the law and to let them know that the Sheriff's Department and the city of Thousand Oaks have ordinances that can control those behaviors," Miller said. "If certain actions continue, students, just like any other neighbors, can be held accountable for those actions."

The letter went into some detail regarding specific situations where neighbors filed an official complaint to the Thousand Oaks Police Department.

"One of these incidents was a reported off-campus party with over 200 guests. The incident included the arrest of two students and the potential imposition of a fine for violating the Social Host Ordinance of the city of Thousand Oaks," the e-mail stated.

According to Miller, the Social Host Ordinance law gives the police the right to give a fine of up to \$2,500 to owners of homes where underage drinking has occurred.

The e-mail also stated that there is an ongoing situation involving the regular use of Spring Meadow

Park, east of the CLU campus, as a location for alcohol and drug use.

Although the relationship with neighbors has been increasingly turbulent this semester, Rosser didn't want to focus on the negative aspects of it.

"We have a great relationship with the vast majority of our neighbors," Rosser said. "One great issue is that most of our neighbors don't want to get students in trouble with the law, so they contact us knowing we will try to help."

Performances highlight 50th

[BASH, from Page 1]

to the polyester of the '70s, the leg warmers of the '80s, the grunge and hip-hop styles of the '90s, to the skinny jeans and hoodies of today.

Michael Falcone, '06, performed a mega mix of songs from each decade on the piano and Amanda Wallace, '10, sang a cover

of Kings of Leon's "Use Somebody" with Skyler Butenshon, '11 and Nate Maxwell-Doherty '12 providing the accompaniment.

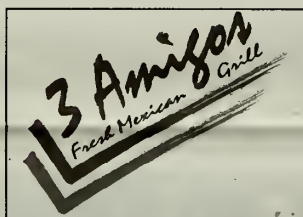
The Kingsmen and Regals Quartets narrated unique memories from graduates of every decade beginning with the '60s.

They then brought the audience to its feet by singing an amazing

harmony in "My Girl".

They finished by leading the singing of the Alma Mater along with the first CLU Quartet, where everyone stood and sang along.

The bash ended with the singing of "Happy Birthday" to CLU and Ethel Beyer blowing out the birthday cake candles.



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New Jersey 1/18
Utah 2/9
Sacramento 2/20
Charlotte 2/22
Oklahoma City 3/5
New Orleans 3/15
Golden State 3/28
Portland 4/7

CALENDAR

Wednesday Oct. 28

- The Tournees Festival: "Azur et Asmar"
10:10 p.m. SUB
- The Need: Jill Cohn
10:10 p.m. SUB

Thursday Oct. 29

- Dia de los Muertos
10 a.m. SUB

Friday Oct. 30



Saturday Oct. 31

HAPPY
HALLOWEEN!

Sunday Nov. 1

- Lord of Life Student Congregation
6:15 p.m. Samuelson Chapel

Monday Nov. 2

- Attachment Theory and Chronic Illness
5 p.m. Roth Nelson Room

Tuesday Nov. 3

- Graduate School Fair
10 a.m. Lundring Events Center

Next Week Nov. 4-Nov. 10

- The Need: Stacy Gross
- KCLU Presents Tom Ashbrook
- Arete Vocal Ensemble
- Salary Negotiations Workshop
- Jambo! New Life Band

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FEATURES

Students participate in spiritual celebration

Emily Peterson
Staff Writer

The fruit from the ground is not the only fruit that Cal Lutheran students have been paying attention to lately; the nourishing fruit of the Holy Spirit has also been of interest.

During the first weekend of October, the Lord of Life student congregation ventured on a ministry retreat to Trinity Lutheran Church in Ventura County.

Retreat ministry provides an opportunity for virtual strangers to come together and find bonding."

Scott Maxwell-Doherty
Campus Pastor

The theme of this retreat was to produce fruit - spiritual fruit.

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control," Galatians 5:22.

There were sets of student-led devotions that focused on the fruit of the Holy Spirit. The retreat planners consisted of Bobby Sanders, Spencer Steele, Jessica Thompson and Amber McGaw.

Lord of Life takes two retreats per year and this trip was the

third time they visited Trinity Lutheran Church. The priority of this retreat was to focus on the high amount of energy during group mixing time. This offered students an opportunity to mix with different people and spend time getting in touch with their personal spirituality.

"The retreat had a smaller group than normal, which was awesome to get to know everyone and become that much closer as a group," junior Katie Bode said.

The number one priority was to move people from a world focused on the individual to a world focused on all of society, and to bond with others.

"I love these retreats because it's a way to spend time with people that you might see on campus but normally don't hang out with or live with," Bode said.

The second priority for the pastors was to make sure the new

students knew what was happening at every part of the retreat. There was never a part when the students were not aware of the schedule.

The key to accomplishing this was to make sure everyone was always in forward motion during the retreat. Having every time slot planned allowed for maximum productivity during the retreat.

The retreat started with a beach service project clean up, followed by a Bible teaching, lead by Pastor Melissa and then small groups traveled to downtown Ventura with cameras to take pictures of examples of each fruit of the Holy Spirit.

"The retreat is a great time to meet new people and strengthen bonds that you already have with friends. It is a perfect time to es-

cape from school and recharge before midterms begin," junior Meghan Hernandez said.

Thirty-nine students attended this retreat and the attendees had a desire to know and be a part of every experience.

The students came together and were no longer strangers. They became closer to one another and learned about the fruits of the Holy Spirit.

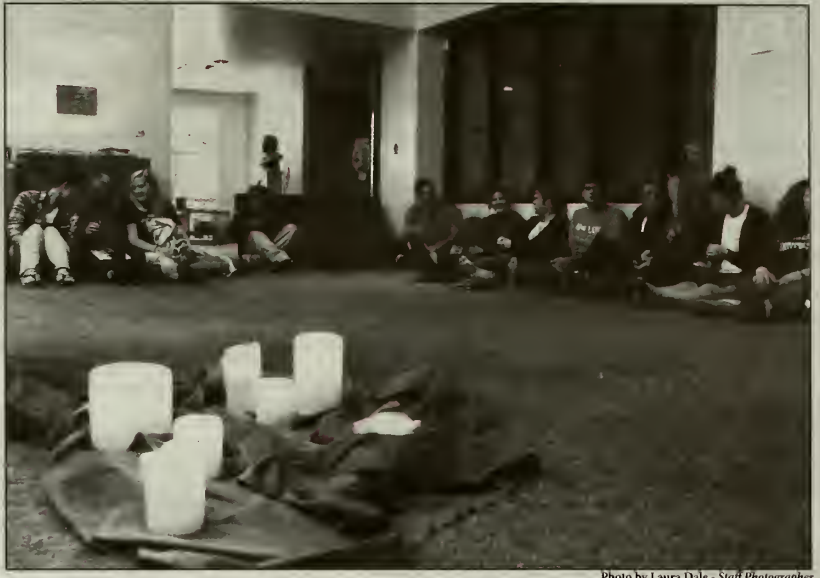


Photo by Laura Dale - Staff Photographer

Spiritual Retreat: The Lord of Life student congregation gathers around candles as they get to know one another.

CLU campus flourishes from annual fund

Kendal Hurley
Staff Writer

Little is heard about CLU's annual fund, yet it has a huge impact on the quality of education and the reputation of the university.

The annual fund, which was created upon CLU's founding, goes toward scholarships, computer lab and classroom equipment, faculty salaries, academic programs, athlete transportation, small class sizes, li-

brary resources and Internet hook-ups all over campus.

"There is a little bit of the annual fund in everything across campus," said Stephen Wheatly, vice president of University Advancement.

"Our goal is to raise \$880,000 this year to support CLU."

Donations are made by parents, friends, community members and even current students. However, the most common donors are the graduates.

When universities across the

country are being ranked, one category that they are judged on is graduate participation.

"When former students participate in donating to the annual fund, regardless of the amount, the school is able to place them on a graduate participation list.

The more people that are on that list, the higher CLU will score in that category.

"It is important for the alumni to participate to develop the future growth of the university," Wheatly said.

"The more the school grows and moves up in ranking, the more valuable the diploma becomes."

Many buildings on campus such as Mogen Hall or Samuelson Chapel were named after donors that contributed significant amounts of money.

All of these men and women started out by making smaller donations to the annual fund.

About 3,000 to 4,000 people make contributions on an annual basis, and there are always donations made by members of every class.

While fund money can be seen

all over campus, it is mostly used toward scholarships.

"Eighty percent of annual fund goes toward scholarships," said Michelle Spurgeon, director of the annual fund.

The more the school grows...the more valuable the diploma becomes."

Steve Wheatly
Vice President
of Advancement

The tuition costs only cover 85 percent of the actual cost to educate a student at CLU.

The remaining 15 percent must come from individual donations.

"As the gap between student tuition and the actual cost of a CLU education increases, funding from private sources has become a necessity," Spurgeon said.

"If it were not for the support to help bridge the gap, student

fees would be much higher than they currently are."

Donations made to the fund are tax-deductible and can be directed toward any department or program.

Certain companies will even match a donation so that the school receives more money.

One way CLU tries to find potential donors is by having an annual call-a-thon, where students call thousands of graduates, friends and community members, whose phone numbers are kept in a stored database.

"In the beginning it was hard," said junior Morgan Schneekloth, who works in the advancement office.

"You try to sell the school to them and many people will end up asking you about your classes or the different sports teams."

Although many people on campus do not know much about the annual fund, it is an important part of the university, and the reason many current students are able to attend CLU.

For more information visit www.callutheran.edu/giving_to_clu

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HOW TO...

Get an internship



Alexandra Butler

It's the big, bad, mysterious part of college, the one assignment or task that is told to make or break you. It's hard and

challenging; it is the 'I' word. Yes, I'm talking about an internship.

Teachers, parents and students are always saying "you need a really good internship," especially if a student is a communication or business major, because it is a requirement.

Let's break this down. If you haven't found an internship yet, it's probably because you either haven't started looking, or aren't looking in the right places.

A great place to search is on CLU's job and internship database, clupostings.com.

The first step is to think small. Don't apply to the really "cool" or "hip" places right away. As a professional you want to be successful and have coworkers trust

you.

Starting at small, local places allows you to make mistakes and get your feet wet before you apply to your dream job.

Applying to a small business also allows the chance for you to be given important jobs.

Large companies may have you get coffee or do boring office work. But a small business may really need you, and, as a student, you really need to build a portfolio.

The second step is selling yourself.

If you feel shy or lack confidence, get over it. Make the company feel they are making a good investment by hiring you.

The third step is to remember that your reputation precedes you.

You may start your first day knowing nothing, but remain confident.

Your employer will remember how hard you worked and write a good recommendation for future employers.

The fourth step is all about who you know.



Photo by Carly Schmidt - Staff Photographer
Internship Search: Students can get help finding an internship at CLU's Career Services office.

Photo by Carly Schmidt - Staff Photographer

It's hard to get an internship or a job without many connections. Once again, being shy won't get you anywhere.

The business world moves fast and people are constantly switching jobs, especially during this economic climate.

The best advice I have is to talk to people and always ask ques-

tions.

Supervisors and teachers will remember your curiosity and may know of opportunities that will benefit you.

The fifth step is to think "go me," before your interview.

I know you always hear "dress for success," and you should absolutely do that, but thinking "go

me" is the best way to feel confident. Confidence, along with a smile, is contagious.

A company wants to hire free help, so make them feel you are ready to invest.

To get help creating a resume, finding an internship or preparing for an interview, visit the Career Services office on campus.

Secrets of a bodybuilder

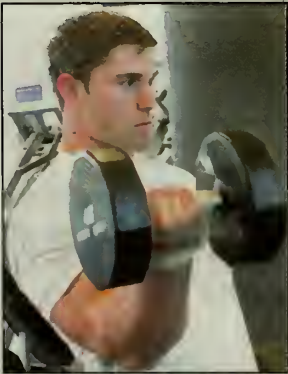


Photo by Nick Gilliam - Staff Photographer

Pumping Iron: Minervini warms up for one of his intense workouts.

Jarrod Marini
Staff Writer

Have you ever wondered what it would be like to become a bodybuilder? CLU student Michael Minervini lives this reality every day.

Minervini has only been competing as an amateur bodybuilder for about a year, but he has already left his mark on the competitions he has entered. "I put in many hard hours of lifting and cardio every single day to perfect the way my body looks," Minervini said.

Minervini became a bodybuilder after he decided to stop playing college football to have more free time to concentrate on his studies. "I started lifting in the seventh grade in order to stay in shape and get stronger for football."

High school and college football gave Minervini a nice foundation that would later help him transition

into bodybuilding.

Minervini's football workouts consisted of lots of power lifts, which included heavy squats, power cleans and dead lifts. These types of lifts provided Minervini with the thick muscle needed to compete in bodybuilding.

Minervini starts his days off by waking up at 7 a.m. every morning and then doing 30 minutes of cardio, which he will do two more times throughout the course of the day. Not only does Minervini do cardio three times daily, but he also lifts weights three times a day.

Minervini's diet is very strict and even unhealthy at times due to the emphasis on protein.

"I eat six times a day, every two to three hours," he said. "I also try to keep the carbs extremely low by only eating carbs in the morning with breakfast."

His meals consist of egg whites, chicken breast, turkey breast and tuna.

"It's hard to stay on a tight diet plan while at school because I don't have a fridge full of the foods I need like when I'm at home," Minervini said.

Minervini's parents do not approve of his bodybuilding due to the health risks that can occur when trying to cut weight for a competition. However, they are very supportive of him and are always there to tell him to push himself harder and harder.

"It's nice to have a good support

system," he said. "Especially with in two weeks of a show because my body pretty much shuts down and the only thing that helps get through my workouts is my parents' uplifting support."

The first bodybuilding show that Minervini participated in was during this past summer. For this show, Minervini lost 60 pounds; however, he wound up in the hospital due to dehydration.

"It's all part of the game," he said.

Despite the health problems, Minervini went on to win first place in the overall teenage division.

His second show went more smoothly because he gained more confidence. This was a national show where Minervini went head to head against teens from Texas, Indianapolis and Florida.

"This competition was a lot tougher; every contestant was in great physical shape," he said.

However, Minervini was declared the Teenage National Champion in natural bodybuilding. This first place victory in the overall teenage division would also win him a spot on the USA Natural Bodybuilding team.

Minervini's next show will be held at Fairfax high school in Hollywood, Calif., on Nov. 14. Thirty different countries will be coming to compete for the Teen Universe Bodybuilding Championship.

"I enjoy bodybuilding because it's an individual sport. There is no one to blame but yourself if things do not go well," Minervini said. There are many sacrifices that go along with bodybuilding.

Minervini plans on bodybuilding for a long time and the motto, "one more rep" will definitely help make this a possibility.

Adopt-a-Family

In celebration of 50 Years of CLU, the Community Service Center is sponsoring 50 families and children for our Adopt-a-Family program this holiday season. We need everyone - you and your club, office or group - to help us reach this goal!

Give back and make this holiday season special for a family or child - make a difference and sign up!
Sign-ups are from Nov. 2 - Nov. 13.

For more information and to sign up,
visit www.callutheran.edu/csc

the Echo

2009-2010

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THE FASHION PLATE

Ways to wow this Halloween



Heather Taylor

This is Halloween.

You are never too old for Halloween. Seriously, I would know.

Every year when Oct. 31 dawned, I would sit in class, dying slowly on the inside, waiting for the school day to be over (my private school didn't allow students to dress up during school hours), and when it was, I would bolt home and begin putting together my costume for the evening.

Over the years, I've discovered that the older you get, the less likely that elderly woman down the street will allow you to take that spider-shaped ring and bag of Skittles from her.

There is a loophole, though, and I'm not referring to dragging your siblings or a small 'borrowed' kid from next door along.

It is called the elaborate costume: a costume that does not merely consist of an outfit bought in a bag from a Spirit Halloween store. These costumes go all out.

Additional touches sewn by hand on the outfit, accessories to

carry, wigs and hats, jewelry, the right shoes (on many occasions, I have walked door to door in heels for hours because they went with the outfit) and lots of carefully-applied, outrageous makeup.

Even the most ordinary of costumes can become truly spectacular with a few decorative touches.

Just what is popular this year? We're falling back on pop culture with homages to recently deceased celebrities with fan favorite Michael Jackson leading the pack.

Dressing as the King of Pop offers a wide variety of choices from *Thriller*-era red jacket Michael to rocking the *Smooth Criminal* glove and fedora. Bonus points for including a stuffed chimp a la Bubbles.

Maybe we couldn't read Lady Gaga's poker face but emulating her look makes for a fierce costume.

Go for the leotards and fishnets and skip the pants. Don a super long, super straight blond hair wig with hair accessories and dark sunglasses.

Recreate the infamous bubble dress if you really feel crafty; this costume needs to inspire your friends to gasp on the spot. If that

doesn't happen, there's nothing else I can say.

Our most popular costumes for this year rest in old traditions. Witches are ranking at number one, an easy classic.

Not surprisingly, vampires pick up the number two position. Expect to see many Edward and Bella pairings.

Applause to any guy who puts sparkles onto his skin for the full Cullen effect.

The silver screen's influence will also be heavy this year with "Where the Wild Things Are" white Max pajamas and Tim Burton's upcoming "Alice in Wonderland" inspired Mad Hatter and Alice outfits.

Perhaps the most hilarious costume of all is inspired by Balloon Boy. Plantraco has released the Balloon Boy Hoax Kit that consists of wearing a cardboard box and carrying a balloon with the tagline of "I'm supposed to be flying in here but my dad said to stay in the box for the show!"

This costume doesn't need any more elaboration than that and if you get your family in on it, you might have a shot at landing a reality show.

Happy Halloween!

CAMPUS QUOTES

What is your favorite Halloween costume from your childhood?

"I was Wolverine from the X-Men."



Junior
Jon Swan

"A spider."



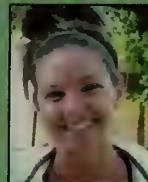
Junior
Sam Lovetro

"A ninja turtle."



Senior
Chase Amano

"Bam Bam from The Flintstones."



Sophomore
Tracy O'Neill

"I wore my dad's overalls and was a mechanic."



Sophomore
Aaron Vanklaveren

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OPINION

'No body's perfect'



Anna Meyer

Most girls have an issue with their bodies. They are either too chubby, not muscular enough, their boobs are too small or they have weird, freaky, dry skin.

Instead of finding healthy ways to deal with these issues, many young women try to solve their insecurities through eating disorders, diet pills and other forms of negative weight loss.

According to womenshealth.gov, the need to improve one's body reaches much deeper. It develops into a need to achieve perfection and many times is used as a way to gain control in one's life.

Society has created this idea that you are not perfect unless you are model thin.

Recently, Ralph Lauren digitally altered a model so her waist was smaller than her head, and then tried to use this in an advertisement.

"I feel pressure on a daily basis to lose weight, but won't resort to drastic measures to do so. In order to fully be happy with your body, you need to be happy and love yourself," sophomore Sara Moll said. "I think that everyone has body issues to an extent. I have never met someone who is 100 percent happy with their body."

Even Miss America Swimsuit Competition winner Nancy Redd has serious body issues.

She wrote a book, "No Body's Perfect," about what she never liked about her body.

"I hated my body and all the stuff it did (and didn't) do . . . I truly thought I was a weird, stinky girl with a lot of body problems," Redd said in an interview with ABC news.

I love my body and I know I am beautiful. I am lucky enough to have a father who told me I was beautiful everyday.

It is our friends and our family who love us who can help us understand the many reasons why we are all so amazing.

If you do want to lose weight, there are lots of healthy ways to do so.

We should be enjoying our lives, not wasting our time looking in the mirror and pointing out our flaws.

All this time you have been focusing on your belly; maybe you missed the fact that you have the perfect nose.

'Twilight' saga obsession



Caitlin Coomber

Spoiler Alert: This article reveals the plot of this series.

Romeo and Juliet. Jack and Rose from Titanic. Edward and Bella?

Has the world become obsessed with forbidden lovers?

Last year, the Twilight phenomenon stormed theaters and found its way into millions of girls' hearts.

The newest chapter of the tale of vampires and star-crossed lovers is about to unfold on-screen. The sequel movie, "New Moon," premieres in theaters Nov. 20.

I, too, am obsessed. For those who haven't had the interest or time to pick up the Twilight books, I'll summarize.

Bella is an average high school girl who falls head-over-heels in love with hunky, "vegetarian" vampire Edward.

The couple works through a series of problems, as it is not easy being a mere mortal in a relationship with an eternal bloodsucker.

After ups and downs, fights and love triangles, the pair is eventually married and have a little half-vampire baby of their own.

Last week, I was sharing my out-of-control obsession of the

Twilight saga with my friend Alyssa who has not yet joined in the pop culture craze. In fact, she hadn't even seen the movie at all.

I was shocked and determined to make her an avid fan, ridiculously bewitched with the vampirism and passionate romance that Twilight books embody. However, she wasn't quite ready to jump on the bandwagon.

Instead, Alyssa blatantly voiced her dislike for the Twilight books

essentially rids Bella of her soul when he converts her to a vampire at the end.

Then, there was the whole issue of the blood-drinking baby that was said to look like an angel.

To some extent, I agree with Alyssa.

"Twilight" is an odd book saga that is a quirky, unpredictable tale.

It has bizarre moments like the crazy love triangle resolution after Bella's best guy friend falls in love with her baby.

But still, girls all across the nation look at the Twilight series as a fairy-tale romance.

It is a story of inner turmoil and star-crossed lovers that find a way to be together.

Hopeless romantics fall for the troubled couple that is navigating the rocky path of first love.

Action lovers become entranced by the on-the-edge danger that seems to persistently follow Bella.

And those who love books of the horror genre will like the murderous Volturi vampire clan seeking to exterminate those who threaten to expose them.

So why is it that we love the Twilight saga?

Maybe it's the escape; the imagining of supernatural characters like werewolves and vampires living amongst us.

Or perhaps, it's the desire to be whisked away by the exceptionally handsome mysteriously brooding "bad boy" type.

Either way, I'm still obsessed.



Photo courtesy of soundsight.org

Are brand names branding identities?



McKenzie Becker

Have you looked in your closet recently and thought about the hundreds of dollars you've forked out on unnecessary brand-name clothing?

I found that I am guilty of wasting my hard-earned cash on a brand-name pair of jeans rather than shopping department store brands.

Whether it's Juicy, Ed Hardy, Rock and Republic or Lucky, we just can't resist emptying our wallets for that one item of brand-name clothing.

And to any guys reading this: As you sit there uncomfortably rolling your eyes and pretending this only applies to girls, keep in mind we all know guys are just as guilty of indulging in unnecessary expensive brand-name clothing, shoes and accessories.

There is no rational reason why a Juicy or Ed Hardy T-shirt is any better than a Macy's T-shirt, yet somehow we spend four times the amount of cash on these so-called upscale brands.

Do people wear these brands for themselves or for others?

I do believe, that in the process of attempting to please others, brand-name indulgers also seem to have an extra boost of confidence thanks to their designer wardrobe.

Students seemed to have similar opinions on the motive behind this ever-growing obsession.

Another reason students have assumed it may be such a compulsion to buy these expensive brands is because it's a way for self-proclaimed "misfits" to feel like they fit in.

Often we say, "I have the money to afford this" (even if we really don't).

Brand names are an attempt to bridge the gap between those who feel they don't belong, with those who do.

We all know those people who always have to have Ed Hardy or Hollister showing somewhere on their outfit.

This is not necessary. I think after looking into this trend, I have found that the bottom line is that everyone just wants to fit in.

In my opinion, we should all stop trying so hard to fit in and give ourselves the chance to stand out.

ch 8
Dance Team
presents
Halloween
October 29, 2009 doors open at 9 pm.
Buy pre-sell tickets at Wed. and Thurs.
\$1000 in cash and prizes

Letters to the Editor

Dear Editor,

After reading the Oct. 21 article "Sheriffs order dance to shut down early," I feel compelled to respond.

Throughout the article, we see the negativity caused by underage drinking at this event; however, we see no plans for a solution.

It seems inappropriate to serve alcohol at an event that is notorious for getting out of control.

The organizers of this event need to do a better job of explaining expectations and rules, and though we can't place all of the blame on them, it is their responsibility to prevent and deal with situations like this.

As students, it is our responsibility to know these rules and the consequences if they are broken.

I feel like CLU needs to focus more on prevention of problems like this rather than dealing with the clean-up after the fact.

Lilly Price
Junior

The following letters to the editor were written in regard to the Oct. 21 article, "GSA is questioned."

Dear Editor,

Well, first off, I'd like to say that McKenzie Becker should get her facts right.

The Gay-Straight Alliance never scattered the "Some people are gay. Get over it!" posters all over campus.

The only place they were located at was on the table we used for National Coming Out Day.

The only other place I have seen it posted is in the office of Multicultural and International programs.

As far as I know, the Lutheran Church declared "... that gay and lesbian people, as individuals created by God, are welcome to participate fully in the life of the congregations of the Evangelical Lutheran Church in America."

Also, not too long ago, CLU issued a Statement of LGBTQ Welcome and Inclusivity that stated "California Lutheran University is an intentionally diverse community committed to inclusivity and respect for the dignity of each individual. As such, we seek to be a place of welcome for students, faculty and staff who are or come to know themselves as gay, lesbian, bisexual and transgendered persons."

As far as I can see, Lutherans seem to be pretty accepting of gay people.

Also, wasn't it Jesus who said, "Thou shalt love thy neighbour as thyself?"

Yes, the members of the Gay-Straight Alliance are voicing our opinions, but we have never tried to force our opinions on

anyone.

GSA is here to encourage open-mindedness, promote visibility of LGBTQ students, staff and faculty and help students feel safe to be themselves on campus.

The rainbow doorway is just a doorway painted with the colors of the rainbow.

It's not a gateway and it doesn't lead anywhere.

How could a doorway pressure someone to accept someone else's beliefs?

As for this "choosing to be lesbian, gay, bisexual and transgender" thought of Becker's, why would anyone choose to be gay?

Who would want to choose to have a life full of discrimination?

The only thing I chose was to accept myself instead of hating myself for the rest of my life over something I have no control over.

Did she choose to be straight, to be blonde or to be female?

If she doesn't care if I or anyone else is gay, then why write the article?

Why doesn't she take the advice of the posters and "get over it"?

We are here, and we're queer and we have every right to be here at California Lutheran University.

Sophia Naranjo
Senior
GSA President

Dear Editor,

The ELCA affirms that "gay and lesbian people, as individuals created by God, are welcome to participate fully in the life of the congregations of the Evangelical Lutheran Church in America."

As far as I know, being accepting of (and not discriminating against) everyone is in line with "positive, Lutheran values," in Ms. Becker's words.

I do not want to discourage anyone from voicing their own opinion on this issue, however, one must get the facts straight before doing so.

I am definitely in favor of freedom of speech, but I am also in favor of protecting the minority and speaking out against injustice.

As a straight member of GSA, I would like to point out that the point of our club is not to force our views on others, but to encourage open mindedness, especially at CLU.

Please do not "feel bad" about not walking through our rainbow door.

We do not, have not and never will force anyone to walk through it.

"One who walks through it does not automatically become gay," senior student and ASCLU-G Senator Beth Peters Berry said. "Otherwise I would have a lot of explaining to do to my husband."

I would like to encourage Ms. Becker, and all those who she had included in her article (the "many others" who are offended by the activities of GSA), to be

more open to the diverse people and viewpoints while here at CLU.

I believe that GSA is acting in a way that encourages the students here to become stronger in their own character and more confident in their own identity.

Kelley Fry
Senior

Dear Editor,

GSA isn't forcing anyone to do anything.

All GSA is doing is promoting the views and the interests of the gay, lesbian, bisexual and transgender community.

It is the same thing Lord of Life and other Christian groups on campus do.

Becker seems to also have missed the ELCA's recent moves to allow openly gay clergy and end discrimination in the institution of marriage.

Furthermore, as a university we support freedom of expression.

No one is suppressing Becker's freedom to disagree.

If Becker wants to put up posters saying "I don't like gay marriage, get over it," she should be able to.

Evan Sandlin
Sophomore

Dear Editor,

Although I am not a student at CLU, I wish for my opinion to be heard as a native Californian and fellow scholar, as well as my friendship and concern for several CLU students.

The only valid point McKenzie Becker made in her entire article is that she is "naïve."

Exactly how is a poster shoving ideology down her throat?

Read it or don't read it; accept it or don't accept it; "get over it" or don't get over it.

The poster is meant to be comical; it is a way to add humor to an otherwise sensitive subject.

Any university that she wants or needs to "force" religion isn't a university, it's a convent.

It seems like she is at the wrong kind of establishment.

The reason GSA has to have "coming out days" or that there is a gay pride is because of the need to stick together in spite of people like Becker.

Stop being afraid of the outside world and learn that the closest you can get to God is to tolerate and support all of his creatures—including homosexuals.

Stop acting like they were herding students through the rainbow doorway with cattle prods.

The "morals" you have been raised with are archaic, prejudiced and utterly embarrassing.

Don't say you don't care when obviously you care.

Christy Willingham
2008 graduate of the
University of Louisville

Michael Jackson: This is It touches fans



Robert
Ameys

When I think of an entertainer, one man comes to mind.

When I think of a singer, song writer, dancer, entertainer, musician, philanthropist, humanitarian and icon I think of Michael Jackson.

Just like the rest of the world, I can't begin to explain how deeply saddened I was to hear of the sudden death of the King of Pop.

I swear the apocalypse is coming, even months later I still find myself saying "not Michael."

It's no secret that Michael Jackson was preparing for a highly anticipated comeback tour titled "This is It," which is now being released as a concert film.

The film, which features interviews and rehearsal footage is a must see for any MJ fan.

With the release of "Michael Jackson's This is It" in theaters this week, why not discuss the man who sung us countless hits, questioned our fashion sense and touched millions of hearts.

Michael has always taken fashion to another level.

Glitter glove, red jacket and countless garments of silver, gold and plenty of sparkle.

This has always raised eye brows and certainly made him a trendsetter.

If I had the money, I would totally purchase a glove and wear it to the cafeteria, glitter and all.

There is no entertainer I can think of who has made it OK to

be androgynous.

Whether it was his forever changing appearance or his soft spoken voice, Michael never conformed to the narrow minded stereotypes of how society defines masculinity.

"Thriller," which was released over 25 years ago, still reigns as the best selling album of all time.

Is there anyone who did not want to be in the video?

Whether it was the zombie dance movies, an Egyptian theme, a subway dance sequence or a man and a whale, we all love the videos.

As a toddler, I can remember trying to simulate the thrust and crotch grabbing that took the video, "Billie Jean", to another level of creativity and downright sexual appeal.

The beats made you want to be "Bad" and the energy made us feel "Dangerous."

I had no idea who "Diana" was, but I guarantee I wanted to be "Dirty" like her.

His work made me look at the "Man in the Mirror" and question whether I could make a difference and "Heal the World."

His music will forever be played and continue to convey passion. As a fan, I hope to keep his dream alive.

"Michael Jackson's This is It" is playing at Janss Market Place and the new Muvico.

Although tickets went on sale last month, we can still fill the theaters and enjoy the final performances and last days of the Legend.

Even with the man himself gone, his legacy will continue for years to come.

Who's "Bad?"

"Michael Jackson, that's who!"

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the Echo

SPORTS

Regals take a historic victory over the Leopards

CLU beats La Verne at home for the first time since 2005

Brandon Kennedy
Staff Writer

When you are down 0-2 in a best of five series, what do you do?

Well, California Lutheran's volleyball team decided to step up, come together and more importantly, come back against the University of La Verne last Friday night to win a very close and emotional game, three sets to two.

With the victory over ULV and a 3-1 win at Pomona-Pitzer, the Regals moved into second place in the SCIAAC.

A victory this week will clinch a spot in the SCIAAC tournament and a chance to win their first SCIAAC championship since 2006.

The Regals already beat La Verne in their house 3-1 earlier this season and weren't about to give up after coming out and not playing what they would call CLU volleyball.

Previously the Regals had not beaten the lady Leopards at home since 2005.

To anyone who watched the game last Friday night, sets one

and two made it look as if CLU had no chance to come back and win a set, let alone the three they needed if they wished to sweep ULV this season.

Whether it was something coach Kellee Roesel said after the second set, or if it came within the players, something in their demeanor changed and the Regals showed poise, togetherness and effort for the first time Friday night and were able to win the next three sets to take the win against ULV.

One thing coach Roesel said helped the Regals come back was ball control and passing the ball to juniors Allison Kerr and Erin Exline.

"We have 18 good kids to practice against, which really helps our team improve," Roesel said.

Another big reason for the Regals' comeback Friday night was the play of sophomore libero and defensive specialist Jacki Richards.

Serving up four aces against the Leopards, as well as helping control the ball and getting it to Kerr and Exline down low, Richards provided a huge spark for the team's comeback victory.

She nailed half of her aces in a row to end the fifth set and send La Verne home with a deflating loss.

Richards knows that to win SCIAAC, they need to continue



Not Over Until It's Over: The Regals celebrate their comeback win over La Verne.

Photo by Erik Hagen - Creative Media

their work ethic and focus.

"We need to keep communicating and working as hard as we can," Richards said.

One of the leaders on the Regals team, junior outside hitter Megan Thorpe, helped lead her team back against ULV by putting up six kills and keeping her teammates heads in the game.

There were also multiple times in the game where she made out-

standing athletic plays to keep the ball on the Regals side.

She is confident that if her team can play at the highest level they can play at for the rest of the season, they can be competitive with any opponent they play if they can come back like they did against La Verne.

"We put in more emotion," Thorpe said. "If we play like we did tonight, every night, no one

can stop us."

With the SCIAAC tournament just a couple weeks away the Regals could use that kind of emotion to help build their momentum and give them a huge boost heading into the tournament.

The Regals play a double header on Friday, Oct. 30, starting at 4 p.m. against West Coast Baptist, and at 7:30 p.m. against Occidental.

Quitting is not an option for dedicated runner

Top-five finish on Ray Ostrander's to-do list for 2009

Allie Mansfield
Staff Writer

When first arriving here as a freshman at California Lutheran University, junior Ray Ostrander was both excited and anxious for his future as a student and a runner for the Kingsmen cross country team.

"When making a transition from one team to the next, it can be tricky," Ostrander said.

"Dealing with new coaches is where it's most difficult because they all vary in their training styles and workouts. Overcoming that obstacle is the most important thing when wanting to do well."

Reviewing Ostrander's personal records and statistics will let you know that he transitioned with ease.

His first year at CLU, Ostrander opened his collegiate career with a 121st finish at the University of California Irvine Invitational in a sub 8k race.

Moving into his second year,

Ostrander showed his commitment by earning All-SCIAAC Second Team honors, finishing 15th in the SCIAAC Championship, and was the top CLU finisher at the NCAA West Regional in Salem, Ore., where he took 30th place.

"Pretty good I guess," Ostrander said of hearing those statistics.

"I never pay all that much attention to where I place. To me it's about the time and I try to push myself harder each time."

Seeing the statistics that follow Ostrander, you can understand his love and commitment for the sport.

"His work ethic is second to none. He is consistent in his training and his lifestyle is conducive to success in this sport," assistant coach Nicole Crawford said.

Ostrander's dedication is not only to the sport, but to his teammates and their loyalty to each other.

Teammate and friend, senior Brian Kahovec, who placed just one step in front of Ostrander by taking 14th place in the SCIAAC Championship, is appreciative of Ostrander and all that he brings to the team.

"Ray is the best teammate you

can have. He is the one you don't have worry about; he is getting things done," Kahovec said.



Ostrander believes that cross country running is not all about an individual's personal records or placement when training or running in competitions.

"You can't run speed work outs by yourself, you need someone there to push you. I work with a great group of guys. We know everything about each other. We know if something is wrong and we hang out off the track so the team aspect goes beyond the sport," Ostrander said.

Both Kahovec and Crawford agree that Ostrander brings a great dynamic to the team, which allows the team to do well in the competitions.

"Ray is a leader by example; he works hard in the classroom

and his work ethic carries over onto the track. He embodies the definition of a student-athlete," Crawford said.

Running cross country for the Kingsmen is a demanding task, and for Ostrander that is no exception.

He admits that at points along the race you begin to question yourself. For Ostrander it's about overcoming the little voice in your head that tells you to stop running.

"It's tough to keep going; I guess reflex makes me continue. I personally can't stand quitting; even if I had the worst race of my life by several minutes I would never quit," Ostrander said.

Seeing how committed Ostrander is to every race is an example to everyone and they all support him tremendously.

"My goal every race is to stay with Ray as long as I can. As far as time, we were closer last year, but I want to be there with him in the top ten. I just want Ray to win; he needs to be number one, he deserves it," Kahovec said.

As the Kingsmen cross country team season comes to a close with just the SCIAAC Championship, Saturday, Oct. 31, and the NCAA-West Regional's, Nov.

14 both coaches and players are excited to show their hard work and determination in both competitions.

Distance coach Crawford has high hopes for Ostrander too.

"My hopes are that he stays healthy and remains consistent in his routines and training. He had a great showing last weekend, and if this momentum continues, it is my hope to be taking a trip to the nationals in a few weeks," Crawford said.

As does Ostrander for the next two competitions his team will participate in.

"Fourth place would be nice," Ostrander said.

"We need to limit the spread between each other and come within 30 seconds of each other. Then we will do well on time and placement and really show what we have worked for."

On deck



SCIAC Championship

La Mirada, Calif.
Sat. 9 a.m.

Scholar-athlete runs for the sheer joy of it

Andrew Parrone
Staff Writer

Driven and mature beyond her years, Toccoa Kahovec attacks the trails and books with equal focus and determination. And, most often, with a smile on her face.

The talented sophomore cross country runner from Santa Clarita, Calif., spends countless hours both training and studying. Time management is a challenge all student-athletes have to deal with, but Toccoa seems to have mastered it.

"I have never really had difficulty balancing school and sports," she said. "I have learned how to budget my time and I'm very self-motivated to get things done."

Toccoa earned All-SCIAC Second Team honors last year as a freshman and recently finished an impressive 10th for the Regals at the SCIAC Multi-Duals.

She is also an excellent student and is a member of the CLU Scholar-Athlete Society. She is a Liberal Studies major, and once she graduates she plans on earning a multiple-subject teaching credential. Her goal is to become a fifth or sixth grade teacher.

One person who is particularly proud of her hard work and accomplishments is her older brother Brian, a senior for the Kingsmen cross country team.

"She is the perfect person in every aspect of life, especially in her study habits," Brian said. "She wakes up at 6 a.m. to run and work on homework before

class. After class she goes to the library and spends a lot of time there. The team jokes about how she should just live in the library. She takes her schoolwork very seriously."

The opportunity to go to school with her older brother helped her make the decision to go to CLU, but it was just one of several reasons she chose to attend after graduating from Saugus High School in 2008.

"I go to Christ Lutheran Church in Santa Clarita," Toccoa said. "Many members of my church went to CLU or recommended that I attend. The excellent teaching program also attracted me to the school. Once my brother started attending in 2006, I enjoyed hearing all of the wonderful things about CLU. Once I realized I could run cross country with Brian, I was positive CLU was the perfect school for me."

Her early success in both cross country and track is due in part to a full-time commitment to running. While in high school, she ran cross country in the fall, but took off four to five months of the year to play softball. With her focus solely on running, her career has taken off.

"She has definitely taken the conference by storm, being up there in the top five in a lot of meets," head coach Matt Lea said. "I wouldn't necessarily say I would have expected that to happen so quickly, but also I'm definitely not shocked in any way."

With the SCIAC championships



Top Ten: Toccoa Kahovec finished 10th and led the Regals to a sixth-place finish at the SCIAC Multi-Duals. Photo courtesy of Tracy Maple

coming up this Saturday morning at La Mirada, Toccoa believes she and her teammates will perform the best they have all season.

"We hope to finish the season strong. We are going to run hard in Conference and at Regionals," she said. "All of my teammates have been training so hard, these last meets are where all the training pays off and we are going to race with that in mind. I want to compete to best of my ability and stay healthy and injury-free."

Toccoa helps her team not only with her running ability, but with her work ethic as well. Lea

believes that although she leads mostly by example, her vocal leadership has improved from last year as well. Her positive attitude has really endeared her to her teammates.

"The team absolutely loves her," Brian said. "I've never met anyone who doesn't like Toccoa. She is the happiest person I've ever met."

The bond Toccoa and Brian have is special, and Lea says he has very much enjoyed being able to coach a brother and sister who are so close. Toccoa has certainly benefited from Brian's presence

and guidance.

"Being at the same school as my older brother has been great," Toccoa said. "I love seeing him around campus and hanging out with him all the time. It is so comforting to have a family member on campus. I am going to miss him so much next year."

Brian would not have it any other way either.

"I love it that Toccoa is here with me," Brian said. "She's one of my closest friends. I can talk to her about anything. I don't know what either of us would do if we were at different schools."

Kingsmen polo team splits a pair of SCIAC games

Sara Grimes
Staff Writer

The CLU men's water polo team stole its first victory in SCIAC conference on Saturday Oct. 24 after suffering a close loss to Redlands on Wednesday, Oct. 21.

"This year is different from other years because anyone in our conference is able to win the conference victory so we have to be ready for every single game we play. They are all going to be a battle," senior hole set Ricky

Mulcahey said.

California Lutheran University lost to Redlands 15-11, which resembled the ending score of their game earlier this year, when the Bulldogs defeated the Kingsmen 15-10 in the Bronco Tournament at Santa Clara University.

"We expect to play as hard as we can in every single game and if we do that, then we believe that we can beat anybody in our conference," Mulcahey said.

It was not an easy victory for the Bulldogs. Although the Kings-

men took a loss, they played as a group and with everything they had.

Halfway through the fourth period it was tied 11-11, but the Bulldogs rallied to score four goals and took the lead giving them the win.

It was an exciting game with lots of action and the Kingsmen upped their game for Saturday's match.

Mulcahey, Jordan Meaney, Cameron Shannon, Brandon Gross and Matt Heagy each added two goals to the teams 11 goals. Goalkeeper Jordan Bouey had seven saves in the loss.

"For this Saturday, we are all working on playing as a single unit and not a bunch of individuals, and to start the game in high intensity and jump out on our opponent and then finish the game also in that same level of intensity," Mulcahey said.

CLU pulled together strong for the Kingsmen's first SCIAC victory of the season.

Saturday morning the Kingsmen battled the La Verne Leopards in a 12-6 victory. Sophomore utility player Brandon was the leading scorer with four goals, a match high for him. Falling not far behind, Mulcahey aided the team with two goals and three steals.

"Our team always has one goal

in mind and it is to win SCIAC. When playing our games, our defensive goal is to keep the opposing team under 10 goals," Brandon said.

Brian Gross, Mikey Blanchard, Michael Langendoen, Heagy and Trevor Owens contributed to the Kingsmen's 12 goals. Bouey had seven blocks in the match.

Bouey needs only three more blocks to achieve 500 career saves and become the second Kingsmen goalkeeper to do so.

"Each game is very important, this win puts us back on track," assistant coach Matt Warshaw

said.

CLU will battle it out with Claremont-Mudd-Scripps today, in their last home game of the season.

Saturday will mark the start of three road games to finish the regular season when the Kingsmen travel to Occidental for an 11 a.m. matchup.

"SCIAC is always a tough conference to play in. Any team can win on any given day. For us to compete we need to be prepared mentally and physically for every game and be able to play hard for all four quarters," Brandon said.



Photo by Erik Hagen - Creative Media

Sweet Shot: Brandon Gross scored four goals in a win over La Verne.

CAL LU SPORTS CALENDAR

| | Wed. 28 | Thur. 29 | Fri. 30 | Sat. 31 | Sun. 1 | Mon. 2 | Tues. 3 |
|------------|------------------------|-------------|------------|--------------------------------|-------------------------------|-----------|------------------------|
| FOOTBALL | | | | @ Occidental 7pm | | | |
| WATERPOLO | vs. CLU 4pm | | | @ Occidental 11am | | | |
| SOCCER | vs. La Verne 4pm | | | @ Pasadena/Pitzer 11am | vs. W. Santa Clara 11am | | |
| SOCCER | @ La Verne 4pm | | | vs. Pasadena/Pitzer 11am | | | |
| VOLLEYBALL | | | | | | | @ Caltech 7:30pm |

Shade denotes home game

Regals soccer look to finish regular season victorious

Rachael Hubbard
Staff Writer

With just two SCIAC games left, the California Lutheran University Regals soccer team (5-4-1 SCIAC) try to keep improving their record.

The Regals play at La Verne today at 4 p.m.

La Verne is currently 3-5-1 in

conference.

On Saturday, Oct. 24, the Regals lost to University of Redlands (8-2-0 in SCIAC) on the Bulldogs' Breast Cancer Awareness Night.

In the 16th minute of the game, Bulldog sophomore midfielder Maddy Phillips assisted the ball to freshman midfielder Kendall Pegan.

The ball was shot to the left-

hand side of the net to score

Pegan's first goal of the season.

With 10 minutes remaining in the first half, Bulldogs' junior midfielder Jessi Hoyt scored her fifth goal of the season with a shot from inside the box to the right side of the net.

Eight minutes after halftime, Bulldog sophomore forward Fionna Connolly assisted the ball

from the left wing to Hoyt. Hoyt shot from inside the box to make the final score of the game 3-0.

In the first half, University of Redlands out shot CLU 12-6.

CLU tied in shots on goal to UR in the second half with eight each.

"Our team took the loss hard, but we are staying positive and looking forward to this next week of SCIAC games, knowing that if we secure those wins we will have another opportunity to play Redlands University and continue our run through the playoffs," junior defender Alyssa Harris said.

The Regals dominated Whittier College last Wednesday, Oct. 21, at home.

Cal Lutheran out shot the Poets in the first half 24-1 and again 24-2 in the second half. CLU junior goalkeeper Kristin Borzi made one save in the shutout.

CLU scored an impressive five goals in the first half. In the first 10 minutes, the Regals scored three goals. Two of those unassisted goals were scored by junior forward Brittany Clark.

Junior forward Aubrie Smith scored the third goal, assisted by freshmen defender Kaylee Kirk.

At the 30 minutes mark, freshman midfielder Jessica Reid assisted the ball to sophomore left midfielder Rosemarie Lombardi for the CLU's fourth goal of the game.

This was Lombardi's first goal of the season, later scoring her second and CLU's final goal of

the game, five minutes before the end of game play, again assisted by Reid.

One minute before halftime, freshmen Mayra Virgen scored with another assist by Reid.

Virgen also scored five minutes into the second half, unassisted from a rebound shot off the cross bar.

Sophomore defender Jen Jones scored off a header from Kelsey Sullivan's corner kick.

With eight minutes remaining, Lombardi took the ball up the middle and gave a through ball to senior midfielder Kelsey Sullivan to score and make it 8-0.

Three minutes later, Lombardi scored the final goal of the game, with a score of 9-0.

Clark, Lombardi and Virgen each scored two goals in the game, and Reid recorded three assists.

"We really worked together and played as a team," Lombardi said.

"We played our game of passing to feet and were able to score some great goals. It felt awesome to get such a great result."

On deck

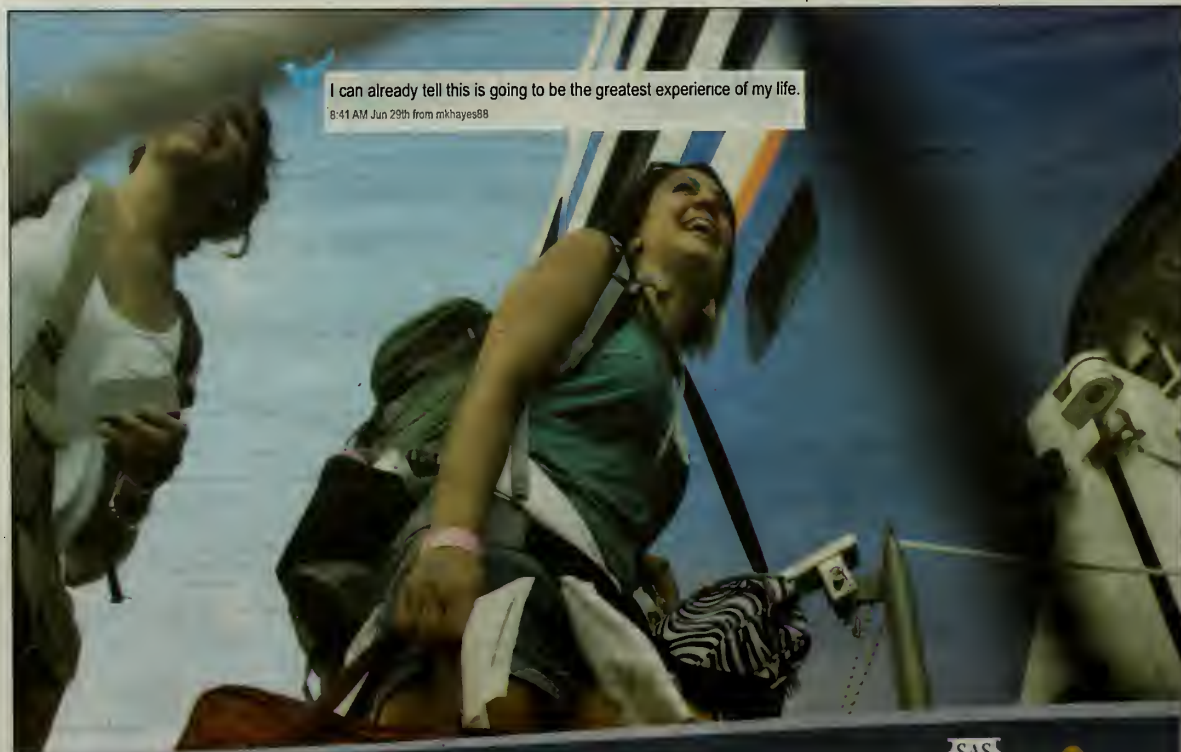


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Photo by Laura Dale - Staff Photographer

Shutting Down the Poets: Lynsey Gagnon and the Regals' defense held the Poets scoreless in a 9-0 victory.



I can already tell this is going to be the greatest experience of my life.

6:41 AM Jun 29th from mkhayes88

www.semesteratsea.org/CLU





Internet
problems on
campus

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Smartphones
threatened
by viruses

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Brian Stuart
finds success
with football

Page 11

the Echo

November 4, 2009 Vol. 54 Number 7

Fifty years of presidents



In 1959, Orville Dahl was elected as the first president of California Lutheran College and served as president for four years. Dahl

previously served as commanding officer of Naval V-12 units in New England.



Raymond M. Olson stepped into office from 1963 to 1971. Previously, he was general secretary for Stewardship for the American Lutheran Church

then became chairperson of the Conejo Future Foundation after leaving his position at CLU.



Mark A. Matthews became the third president and served for eight years after originally coming to CLU to be a business

professor.



Jerry H. Miller became the next president for 11 years. He was known as the president that made the most dramatic

changes to the university. While he was president, CLU received a 10-year accreditation from WASC and joined SCLAC.



In 1992, Luth Luedtke became president and came up with a master plan for CLU including Gilbert Sports and Fitness Center, the

Grace and Mogen residence halls and the Samuelson Aquatic Center.



John Sladek was president from 2006 to 2007, during which he dedicated the Samuelson Aquatic Center, Gilbert Sports and Fitness

Center and Ullman Stadium.

President Kimball puts students first

Alyssa Harris
Staff Writer

Few people understand what being the president of a university entails, but spend a day with President Dr. Chris Kimball and the extent of his responsibilities may surprise you.

Kimball, CLU's seventh president, began his career at the university serving as provost and vice president of Academic Affairs.

After Dr. Howie Wennes finished almost a year as interim president in March 2008, it was announced Kimball would fill the presidential position full time.

Not only is Kimball on top of what is happening on campus but he also represents the university to the surrounding community and across the country.

Students sometimes complain that he is not as involved as he could be, but with a full schedule every day that enables the university to keep running, his time is limited.

"My responsibilities include being an advocate for students, faculty and staff to help them teach the curriculum more profitably from one year to the next," Kimball said.

"I have to be aware of what is happening on campus and pay attention to student-life and fund raising."

When sitting in Kimball's office, one can realize how much he loves CLU.

Kimball expresses he would love to be more involved in the university, but there would have to be 36 hours in the day to make that happen.

He loves seeing CLU students in their element so he often can be found attending athletic matches or the Festival of Scholars, working out in the school gym



Photo by Doug Barnett - Photo Editor

Making Connections: Dr. Chris Kimball addresses the CLU Retirement Association about the past, present and future of CLU.

and watching the choir perform.

Kimball and the rest of the faculty are excited about what is happening at CLU, in the way the university is growing and developing.

The president believes CLU has great students and our academic programs are doing well.

Even though the university is growing dramatically, Kimball has managed to keep that friendly one-on-one atmosphere and can call many students by name.

"Chris Kimball is a fantastic boss, and he is always willing to ask about our weekend plans and talk about the Yankees game," said Lessa Dixon, executive assistant to the president.

He loves to share his passion for

baseball with others, even making a CLU baseball game part of his inauguration weekend last spring.

Kimball explains that every day is different for him and that his duties vary from week to week.

In June, he travels to the five different Lutheran senate assemblies as an ambassador of the university to the Lutheran church, and he also travels off campus for a host of meetings.

Kimball's job requires that he always be looking to the future. He explained when the university is financially able, he hopes to see new buildings for the science and performing arts departments.

CLU's graduate and adult programs, he said, are well-run but could be expanded upon to

make them even stronger for the future.

"The core mission here is about students," he said, adding they will always be his top priority.

Leadership to him means recognizing the improvements that need to be made but also remembering the triumphs in the university's past.

Kimball is "everyone's favorite history professor," Dixon said.

Kimball is passionate about CLU and committed to making it better through his role as president of the university.

As Dixon put it, "He genuinely cares about students and his relationship with them. He treats everyone with respect no matter what their title is."

CLU Guarantee extends to more schools

Vanessa Lara
Staff Writer

Attend CLU for the same price as a UC campus?

Thanks to the CLU Guarantee, future students have one less thing to worry about when making the decision between attending a private or public school.

The CLU Guarantee Scholarship matches the cost of attendance to

certain University of California schools, including UCLA and UCSB.

UC Berkeley and UC Davis are being added for fall 2010. Students who wish to receive this scholarship must have been admitted to CLU and any one of these institutions. First-year and transfer students applying for the undergraduate program and ADEP are both eligible.

Freshman Ricardo Torres made his decision to attend CLU based on having received the scholarship. "I got accepted to UCSB and CLU," Torres said.

"Then I heard about the Guarantee scholarship. I did all the work and got it."

A requirement for students is that they must be an incoming freshman that was admitted to CLU and one of the four UC

campuses.

To receive the scholarship the following must be submitted to the CLU Office of Admission: A copy of the acceptance letter to one of the UCs, a letter from "high school counselor on school letterhead with signature affirming the student's admission to the school and a \$300 non-refundable enrollment deposit

[See GUARANTEE, Page 2]

NEWS

Lack of Internet access causing frustration

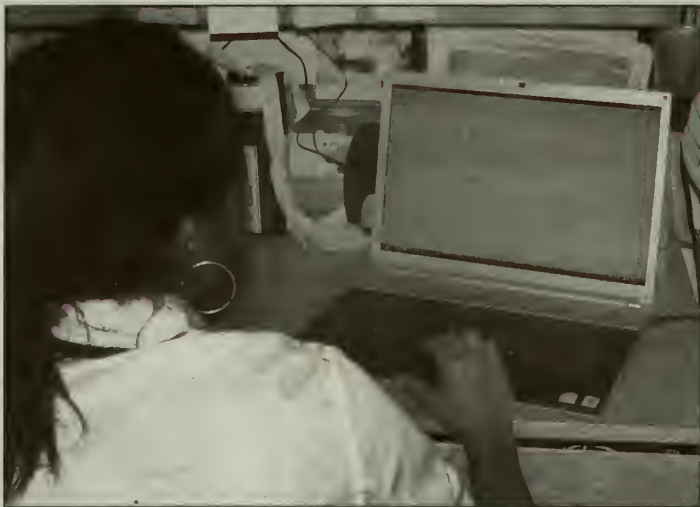


Photo by Carly Schmidt- Staff Photographer

No Access: Students are frequently experiencing trouble connecting to the Internet on campus.

Help desk troubleshooting student issues getting online

Lynn Clahassey
Staff Writer

Students at California Lutheran University are having Internet problems, and they are not happy about it. Since the start of the fall

semester, students have noticed their laptops are not connecting to the Internet.

This poses a problem that has left many upset, frustrated and confused.

Some have run out of ideas, having tried every possible way to get on to the Internet.

"I feel like we should be able to get Internet connection in our dorms," junior Mogen resident Rebecca Dominguez said.

"It's been like this for so long, I don't really know what to do anymore."

With the problem affecting many students on campus, there have been numerous attempts to solve the problem.

The Information Systems and Services (ISS), which has been taking into account all of the poor Internet connections so far, has been working in trying to locate the problem.

Addressing all the appointments made by residents every day has been their key focus in assisting those having

difficulties.

"I highly suggest people contact the help desk as soon as possible," sophomore student technician Ken Kile said.

"That way we can better establish direct contact with the student and schedule a student technician to go and fix the problem."

Students have even tried

"I highly suggest people contact the help desk as soon as possible."

Ken Kile
Student
Technician

than expected.

"This is such a huge problem, especially when doing homework. The poor Internet connection largely contributes to time constraints that I don't appreciate at all," sophomore Jans resident Evan Sandlin said.

All of the issues with the online connections have led those to question exactly what is causing the Internet to be so elusive.

Now students are realizing that there has got to be a cause for such a predicament.

According to Kile, the poor connection is actually nothing complex just everyday glitches

in the system.

"Most of the troubles that students are experiencing are regular problems that would pop up in any Internet system," Kile said.

"Windows has tools to fix many of the problems. And Google is a great search engine to use in finding out what's actually wrong."

Residents are also encouraged to try and attempt to solve the problems themselves.

ISS is here and trying to do what it can, but in the meantime there are some things that can be tried.

"Run Windows Networking Wireless Repair, this will automatically take care of most of the problems," Kile said.

It is a difficult situation especially trying to plan what step should be made next.

For some purchasing the wireless card in order to receive connection has been successful; while others have found success in the library.

Issues concerning Internet connections on college campuses just happen.

"I just hope that they figure it out, because I don't want to not have Internet access for the entire semester," Dominguez said.

For more information

visit www.callutheran.edu/iss/about/



CLU for cost of UC

[GUARANTEE, from Page 1] confirming intent to enroll at CLU.

For incoming transfer students, they must have a transferable GPA of 3.0 GPA or higher, completed at least 60 transferable units and also have been admitted to CLU and a qualified UC school.

They then need to submit a copy of their UC acceptance and the \$300 deposit.

"It was the main reason I came to CLU," Torres said.

"I don't have to spend as much money on tuition, and I probably will get a better education here than if I would've gone to UCSB."

The amount is calculated by the average cost of attendance at UCLA, UCSB, UC Berkeley and UC Davis subtracted from CLU's cost of attendance. The common CLU Guarantee Scholarship amount for the 2009-2010 year was \$16,918.

"I thought it was going to be nearly impossible for me to pay for a private school but knowing that I can go to CLU for almost the same price as UCSB changed everything for me," Torres said.

The CLU Guarantee is intended to provide a private education for the price of a public school.

"We want to ensure that as many students as possible have access to a high quality education," according to the CLU Web site.

"We want to encourage more students to look at all of the higher education options available to them."

The scholarship replaces any academic scholarship that was awarded, and but it does not replace the ADEP Grant for ADEP students.

"I am happy I came here. I don't think a public school can compare to a private school like CLU," Torres said.

All this information is coming from the CLU Guarantee Web page.

Additional information can be found by contacting the financial aid office.



For more information visit www.callutheran.edu/financial_aid/undergraduate/CLU-Guarantee



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H1N1 rebounds at CLU

Hanna Halldorsdottir
Staff Writer

After a previous decrease in reported H1N1 cases, the virus is again on the rise at CLU.

According to data collected by Health Services at California Lutheran University, 120 H1N1 cases had been reported as of press time.

The number of reported H1N1 cases reached a peak in mid-September then slowly decreased.

In the last three weeks there has again been a slight increase, with as many as 20 cases being reported during the week of Oct. 19 to 23.

According to Bill Rosser, vice president for Student Affairs and dean of students, the school has not had to cancel any functions, classes or activities because of the H1N1 virus.

"However, faculty and other campus leaders have had to be very flexible as we have had more students than usual have to miss class, work and other events and activities," Rosser said.

Vaccinations against the virus started in early October. Vaccines are available in the form of a nasal mist or injections.

According to the Web site for

Centers for Disease Control and Prevention, the "CDC's Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the 2009 H1N1 vaccine when it first becomes available."

This category includes pregnant women, caregivers of children under the age of 6 months, health care and medical service personnel, those between the ages of 6 months and 24 years old and those who have chronic health disorders or compromised immune systems. CLU's Health Services has not yet received any swine flu vaccines.

According to Kerri Lauchner, director of Health Services, CLU has placed an order for H1N1 vaccines to the California Department of Public Health.

"It is up to the state of California as to when they decide to give the vaccine to us," Lauchner said.

Meanwhile, CLU students can receive vaccinations at Public Health Clinics and scheduled H1N1 flu shot clinics in Ventura County.

CLU is not the only place that is still encountering the disease. The H1N1 flu has become a worldwide pandemic.

A recent report from the World Health Organization states that "as of Oct. 25, 2009, worldwide there have been more than 440,000 laboratory confirmed cases of pandemic influenza H1N1 2009 and over 5,700 deaths reported to World Health Organization."

WHO warns that these numbers are likely to be much lower than the actual number of cases that have occurred due to the fact that many countries have stopped counting individual cases, especially milder ones.

On Oct. 23, President Obama signed a statement declaring the H1N1 virus a national emergency.

"In recognition of the continuing progression of the pandemic, and in further preparation as a nation, we are taking additional steps to facilitate our response," Obama wrote in a statement.

According to CBS News, the goal of the declaration is "to remove bureaucratic roadblocks and make it easier for sick people to seek treatment and medical providers to provide it immediately."

The Ventura County Health Care agency has set up a H1N1 hotline that can be reached at (805) 981-5390.

Founders Day 2009

Regents and Convocators celebrate CLU's 50th anniversary

Jesse Knutson
Staff Writer

California Lutheran University is celebrating its 50th year being a school, but how did it get to this point?

In 1958, the Board of Regents and the Convocation were created to ensure the success and advancement of the institution.

There are currently 26 voting members of the Board of Regents. One requirement of the board is that at least 51 percent of its members be Lutheran.

The Regents are made up of people who have a lot of passion for our university.

Advancement and Marketing, Finance and Administration and Academic and Student Affairs are the three committees that make up the Board of Regents.

Within the members are CLU graduates, the ASCLU-G president, the CLU president, the chair of the faculty, the Convocation chair, an ECLA representative, an alumni representative, an advisory member from the ELCA, as well as honorary members and appointed members.

There are 80 Convocators serving this year.

According to the CLU Web site, the group members come from "the five Synods of Region II of the Evangelical Lutheran Church in America, faculty, students, the University president and members-at-large."

The best part of this weekend is spending time with people who are passionate about CLU and want to keep improving it.

There was also a Founders Day Concert and a luncheon for the Regents and Convocators to enjoy.

For some, the highlight of the events is just getting to be around people who care about CLU and its future as a university.

"The best part of this weekend is spending quality time with people who are passionate about CLU and want to keep improving it," said Bill Rosser, CLU vice president for Student Affairs and dean of students.

The Regents also passed the adjusted budget. After all of the final numbers had come in, it was just over \$73.5 million.

The Convocators are invested in keeping with Lutheran tradition and what that means for students today, so they had a student panel and discussed where CLU is today.

"The main job of the convocation is to go back to their congregations and spread the word about CLU," said Katie Bode, junior at CLU and one of the three students serving as Convocators.

She noted, "The Convocators represent the tradition and history of our school."

The Convocators have the power to approve the Regents, so at Convocation there is a time where the Regents are approved.

One of the most special events for some Regents was the presentation of the Christus Award.

"The presentation to Reverend Howie Wennes was very special. He's served two terms as interim president and has done a lot for the university," said Karen B. Spies, chair of the Board of the Regents.

As the chair of the board, Spies was one of the main organizers of the weekend for the Regents, along with CLU President Chris Kimball, with whom she maintains constant communication.

"Along with constant communication with Dr. Kimball, I come in about every six weeks from Denver," said Spies, who lives in Colorado.

"There will be some very special events for the next 15 to 18 months," she said.

This year was special for many of the Regents, with it being the 50th anniversary.

"Many Regents and Convocators came for the CLU turns 50 Bash on Thursday," Kimball said.

The weekend was filled with many productive meetings and events including Convocation, a look at where the university is standing, a look at the strategic plan, the Trinity Hall dedication, committee meetings, conversations about the NCAA Choices Grant, evaluating the results of the Student Satisfaction Inventory and a meeting with faculty.

"The Trinity dedication was great. It was good to have both the Regents and Convocators together for the occasion," said Kimball.

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CALENDAR

Wednesday Nov. 4

- The Need: Stacy Gross
10:10 p.m. SUB

Thursday Nov. 5

*"Every leaf speaks
bliss to me,
fluttering from the
autumn tree."*

~ Emily Bronte

Friday Nov. 6

- Club Lu: Talent and Variety show
9 p.m. Forum

Saturday Nov. 7

- KCLU Presents Tom Ashbrook
8 p.m. Fred Kavli Theatre, Thousand Oaks
Civic Arts Plaza

Sunday Nov. 8

- Arete Vocal Ensemble
2 p.m. Samuelson Chapel

Monday Nov. 9

- Attachment Theory and Chronic Illness
5 p.m. Roth Nelson Room

Tuesday Nov. 10

- Salary Negotiations Workshop
12 p.m. Roth Nelson Room
- Jambo! New Life Band
7 p.m. Samuelson Chapel

Next Week Nov. 11-Nov. 17

- Corporate Leaders Breakfast
- Pericles. Prince of Tyre
- Fall Football Food Drive
- Romantic and 20th Century Cello Music
- Commuter Connection Lunch
- Real Justice Film Series: *Toyô's Camera*

Do you have an event to submit to *the Echo*? E-mail date, time, location and contact information to echo@callutheran.edu

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FEATURES

Keel dishes up kindness at Centrum

Kendal Hurley
Staff Writer

Recognized across campus for her smile and nicknames for students, Vickie Keel is one CLU staff member who everyone knows.

Keel has worked in the Centrum Café at California Lutheran University for the past seven years and she can be found there five days a week.

“Life is short; you should always be happy. You should always be smiling.”

Vickie Keel
CLU Employee

work.

“Amgen did not have the family atmosphere I wanted,” Keel said. “I came to visit CLU and knew I was home.”

On a daily basis, Keel’s activities include being a cashier, bringing products over to the Centrum, stocking products, working for other employees during their lunch breaks, cleaning and interacting with students.

“My favorite part of my job is the students,” she said. “They’re like my children. They first come

as freshmen and when I meet their parents I tell them I am like their mom and they are going to behave in the Centrum.”

Parents who come for Homecoming weekend have even remembered Keel from their son’s or daughter’s freshman orientation.

Many people on campus know Keel for the way she greets students and faculty.

“I love the way she calls everyone honey or sweetie, no matter who they are,” sophomore Hayley Bianchi said.

It is obvious Keel loves what she does. According to her, there is nothing she dislikes about her job. She loves the students and wants them to always be able to find her in the Centrum to talk about anything.

She claims she even misses everyone when she is on vacation.

“Vickie makes the Centrum experience 10 times better,” sophomore Matt Hirsch said. “She can brighten anyone’s day.”

In the past seven years of work at CLU, Keel has only had to deal with one rude student. It was a busy day at lunchtime, and Keel asked the student to step to the side of the line if she was not sure what she wanted to order. When the student started talking back to her, other students at the back of the line came to Keel’s defense.

“It was so cool that the other students were defending me,” she



Photo by Doug Barnett - Photo Editor

Familiar Face: Vicki Keel’s positive demeanor is always present in the Centrum Café on campus.

said.

To keep herself balanced, Keel wakes up at 4 a.m. everyday, meditates for an hour and then goes to work.

“Life is short; you should always be happy. You should always be smiling,” she said.

Students and faculty alike notice Keel’s constant upbeat attitude.

Last December, Keel was the recipient of the Inspiration Award

at CLU. This award is given to people who “have steadily inspired others toward spiritual and intellectual growth and service and leadership while at CLU,” according to President Chris Kimball in the Ventura County Star.

She was given the award in the Samuelson Chapel, and she stood up and cried when she received the award because the love she felt was so overwhelming.

“Vickie is very kindhearted and

she always makes you smile,” sophomore Kyle Patrick said.

In her free time and on weekends, she loves spending time with her grandchildren. Keel also has three daughters who live in Ventura, Texas and Missouri.

“I have eight grandkids; I have to stay young at heart all the time,” she said.

To everyone’s benefit, Keel is planning on continuing her work at CLU until she retires.

Students gather to discuss religious diversity



Photo by Nick Gilliam - Staff Photographer

Religious Variety: Members of the Secular Student Alliance discuss religious traditions from a variety of cultures.

Michele Manfredi
Staff Writer

The Student Secular Alliance promotes CLU’s traditions of faith and reason by viewing a variety of beliefs from around the world.

“The SSA is a safe place where students gather to freely discuss religion, whether they are atheist, Christian or from any belief system,” said Jenny Guy, student and member and treasurer of the SSA.

The club holds debates and events and works to further its knowledge of others and its understanding of the world.

The SSA was founded in 2008; Guy was one of the students to begin this diverse club.

“We started the year off with a discussion on ‘What you believe and why.’ The second meeting we discussed ‘The meaning of life.’ Both meetings lasted almost three hours and students of diverse backgrounds and with diverse beliefs attended,” said Evan

Clark, student and president of the SSA.

“That is what we like to see.”

The club started out with only six members and has grown to about 30 members.

Some discussion topics that are covered include personal experiences with life and religion, morality, the positives and negatives of religion and the meaning of life.

“Students benefit most from our discussions. We are able to discuss issues of faith and reason in a safe and open environment, no matter what your belief or understanding of the world might be,” Clark said.

The SSA meetings are open-ended and have unlimited topic options. The club frequently has speakers come to their meetings, as well as panel discussions between the SSA and The People of Prayer.

“My favorite events that we hold about once a month are going to observe other religions. We have taken trips to Buddhist Temples, Pagan ceremonies, Catholic services, Unitarian churches and many more,” Guy said.

The SSA is always trying to obtain more knowledge about

all religions and learn how that knowledge shapes the lives of people around the world.

“I challenge anyone who wants to learn more about his or her own faith, and the beliefs of others, to attend a meeting.”

Evan Clark
SSA President

side of the classroom and freely

discuss its beliefs and judgment.

“I personally believe those in the SSA to be some of the nicest, most giving, most caring and most sincere people I have ever had the pleasure of meeting,” she said.

Guy believes that the character of the members of the club will diffuse any negative thoughts involving the club.

“For many students, without faith, the SSA has become a community for them. I challenge anyone who wants to learn more about his or her own faith, and the beliefs of others, to attend a meeting,” Clark said.

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Viruses threaten smartphones

Jarrod Marini
Staff Writer

Hackers are not just sending worms, spam and viruses to your traditional computer anymore. According to Internet security experts, viruses could be on their way into your cell phone.

Smartphones, including Blackberries, iPhones and Palms, have become popular among cell phone users today. However, this makes cell phones an easy target for on-line hackers who are looking for an easy way to attack unsuspecting smartphone users.

More than 139 million smartphones were sold worldwide last year, a 13.9 percent increase from 2007, according to the British technology analysis firm Gartner.

Apple is planning to release the iPhone in China, which will only make the percentage of potential targets even larger.

Just last year, analysts said most people used smartphones for only voice calls and e-mails. But now, an increasing number of smartphone users are surfing the Web, paying bills and doing other activities that make them more vulnerable to viruses.

"I always search the Web from



Photo by Laura Dale - Staff Photographer

Growing Threat: Students who use smartphones may become susceptible to viruses.

my smartphone in class because it is more convenient," senior Chris Ramirez said.

Security companies have already seen several threats hitting smartphones through e-mail attachments. But in most cases, they say that they target individuals rather than the millions of desktop or laptop users that a typical e-mail attack can affect.

One of the problems now, analysts say, is that people who take security precautions on their home computers either forget to do so with their cell phones or do not think they need to in the first place.

"I didn't even realize I needed any protection from viruses on my iPhone," senior Chris Hertz said. "I just assumed it was safe."

Only 23 percent of smartphone users enable the security software

that is already loaded on their phones and 44 percent think surfing the Internet on their phone is just as safe as using a computer, even with no security software, according to a survey done by Trend Micro Incorporated.

The good news, some experts say, is that smartphones give hackers a harder time than desktop or laptop computers do. Most viruses are designed for Windows because it is the most popular operating system on the market. However, experts say smartphones use many different platforms which makes it more difficult for hackers to write virus software.

According to CNN.com, Scott Totzke, vice-president of BlackBerry's security group, said the number and severity of mobile attacks he's seen so far have been minimal, but that could easily change.

Totzke advises all smartphone users to enable a password, quickly download security updates from their phone's operator system and carefully consider the source of any applications they download.

Treating your smartphone like a regular telephone is not a good idea anymore; users must now treat it as they would a desktop or laptop computer.

"Since I know it's possible to get viruses on my BlackBerry, I will now definitely look into getting some type of antivirus protection," junior Rachael Hubbard said.

HOW TO...

Eat healthy on a budget



Alexandra Butler

It is a lovely day in Thousand Oaks, the sun is shining, you just received an A on your latest paper and you just got paid. The

first purchase you think of is that really nice pair of jeans that make your butt look awesome because, let's be honest, those are worth the money. Next, your best friend calls and invites you to go out tonight. You respond, "Hell ya!" and turn your music up. It is a great day.

Then your day-dreaming comes to a halt. It is your turn to buy toilet paper for your dorm room and the only food left in your room is canned tuna. Then it comes to your attention that your gas light is on.

Life as a college student is beyond expensive and feels like you have basically signed up for four years of debt. Put your fears aside because every college student can understand financial difficulties. One part of your college life that you have some control of is healthy eating habits while on a budget. It is possible to eat more than just tuna on a budget.

What you need to know about grocery shopping:

1. Whole Foods Market will make you go broke.
2. Organic is not always better.
3. Ralphs is generally cheaper than Vons.
4. Supermarket club deals, such as "Buy 2 for 5 Dollars," can trick you.
5. Use a basket; shopping carts are a tactic to make you buy more than you need.
6. Do not shop when you have a long time to think. Get in and get out.

Trader Joe's is your new best friend for veggies. Canned foods are expensive and they contain a lot of sodium or sugar which will hurt your heart. Instead, go for frozen vegetables; they will last a long time and do not contain added junk. These will provide variety and can cost you less than five dollars.

You can also invest in frozen protein. Ralphs is a great place to

find a bag of frozen chicken for under \$10. This can last you a long time. Get creative; chicken is not the only frozen protein. Veggie burgers are also cheap and delicious.

Fruit and vegetables are not always cheap; however, if you stick to seasonal fruits you can find good sales. Some apples at Ralphs are only 88 cents a pound.

If you need more variety and want more home cooking, invest in macaroni and cheese from Trader Joe's. Also, frozen dinners from Trader Joe's are never more than \$5. These are both healthy and convenient because they are single servings.

The best way to eat cheap on a budget is to avoid being persuaded by grocery store ads. Also, dairy products are specifically placed in the back of grocery stores. This is to make consumers walk through the whole store, to be tempted to buy other unnecessary groceries, before buying something as simple as milk.

When you invest in a "club card" be aware that sometimes you may end up spending more money. The only purpose of those cards is to keep track of what you are personally buying. Then, magically, you get coupons for your favorite foods. When you see a yellow tag that says "2 for \$5" or "Buy One Get the Second One Half Off," do not obey; just buy one. In some cases you may save money, but for the most part it is a marketing tool to make you buy more.

The food market industry wants you to buy. Be aware of your surroundings. Theresa Harrington, CLU student and marketing intern for Scandinavian Clinical Nutrition has advice to help you save money.

"When shopping look for the 'compared to' signature on a store brand purchase, these products are exactly the same as the name brand only cheaper," Harrington said. For example, if you want Clean and Clear face wash, look for store brand that says "compared to Clean and Clear." It contains the same ingredients as the name brand. This principle can be applied to store brands of your favorite foods, as well.

Good luck shopping!

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the Echo
2009-2010

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THE FASHION PLATE: A HEALTHY SERVING EACH WEEK

Idol worship and organic wear



Heather Taylor

I Wanna Be Adored. I'm very into idol worship. At any given moment, there are at least a dozen or so people

inspiring me.

For the longest time my very favorite source of inspiration was Yves Saint Laurent, the international fashion designer. He got it. He completely understood that a woman could sport a tailored tuxedo suit and still hold the upper hand in a man's world, while remaining effortlessly chic.

To this day, I still remember where I was when he passed away and what I was wearing when I heard the news. Oddly enough, I recall that my outfit that day was inspired by Paris, France.

It's never easy to lose an idol but the good people behind the online shop Worship Worthy have done their part in immortalizing Yves on a T-shirt with a gold foil logo.

The unisex shirts featured on this site are not created with iron-on decals or faded prints; rather - they

are rich with color and bold with abrasions made at the neck, cuff and hem. Vivienne Westwood also gets her turn on a T-shirt, recently sported by Rhianna.

If you prefer to worship in other forms of clothing, the site also features leggings with geometric prints and sequins, ribbon brooches, dresses conveying choice messages and even a small selection of two-headed dolls. One of the dolls consists of a two-headed Twiggy and Gwen Stefani, stitched by hand. I can guarantee that you won't find such a cool duo anywhere else. Bow down and worship.

Believe in the Stars

Laura Dawson gives great design. So states her status on her MySpace page, as the Brooklyn-based designer has styled high-profile clients such as Moby and Jake Shears from the Scissor Sisters.

She's been interviewed for Venus and Dirty Glam magazines and even had a coat featured in the pages of Lucky magazine.

Don't let all the star power fool you though; Dawson's collection of clothing remains down to earth yet still fantastically modern.

Inspired by people-watching at

parks and in public areas, Dawson's current collection includes pieces such as the "Radio Waves Dress," using black and white contrast stitching to create the shape of a radio wave, the "Low Rise Pants," made from organic soy and the "Deco Dress," a truly eye-popping organic piece with sparkling, triangular sequins that would transform the wearer into the thing to see at holiday parties.

In the menswear category, the "Wolf Hoodie" was created from a Japanese terry cloth and the "Bon Vivant" shirt, in ivory with cobalt pinstripes made of 100 percent cotton, is simply gorgeous.

Dawson's collection is made with organic and environmentally friendly materials like soy. Several outfits are made with fair trade as well in New York.

She even states on MySpace that she carries up to size 10 because "cute comes in all sorts of packages."

With each piece designed to make everyone look amazing at affordable prices, Dawson's got the look and is giving it well.



For more information visit lauradawson.com

CAMPUS QUOTES

If you joined the circus, what act would you most want to perform?

I want to be the guy who spits fire!"

Junior
Josh Knight



I wouldn't want to perform, but I would design the costumes!"

Sophomore
Rachel Flores



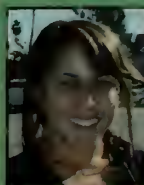
I would definitely be the guy who swallows swords and stuff."

Senior
Ryan Burchfield



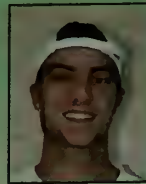
I would walk the tightrope because my balance is amazing."

Freshman
Morgan Mascorro



I want to be the bearded lady!"

Junior
Jack Williams



CLU CONCERTS 2009

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OPINION

'One nation under God' What are you scoring?



Caitlin
Coomber

"Under God, with liberty and justice for all."

That's what we learn to recite during the Pledge of Allegiance as children.

The United States of America declares "freedom of religion." Our country claims to uphold the separation of church and state. So why then did we adopt "In God We Trust" as the U.S. national motto?

The U.S. was the first country to ratify the doctrine of church and state separation and attempt to legally limit to how much the government may assist or endorse religion. The First Amendment states that Congress "shall make no law respecting an establishment of religion."

Despite this, the U.S. Congress has designated a national day of prayer.

The words "under God" have been inserted into the Pledge of Allegiance.

And, "In God We Trust" has been passed as an Act of Congress as the national motto, placed on coins and paper money.

It seems hypocritical.

"In God We Trust" originally appeared on U.S. currency, and shortly after became a national motto. It was originally passed by Congress as a Cold War measure in resistance to Communism.

This was a strong reaction to the Second Red scare, during a sweeping period



Photo courtesy of stockxchange.com

of anti-communism. It was understandable. Not appropriate, but altogether understandable in periods of hysteria and mass panic.

However, the Cold War has since ended. There is no longer a quaking frenzy or fear that Communists will infiltrate our nation or its government.

Why do we continue to print this on our money?

The writers of the Constitution and Bill of Rights never meant for the federal government to endorse such phrases that favor one God. That was the purpose of the "freedom of religion." It meant the government would not declare one, or even any, religion specific to our nation.

The Pledge of Allegiance was altered to include the phrase "Under God" differently. Before 1954, the oath of loyalty made no mention of a higher power.

Then President Eisenhower was convinced by a minister, backed by a powerful Catholic organization, to change the pledge to better "reflect the

American spirit and way of life." What?

I grew up learning that the "American way of life" was diversity. As a nation made up of immigrants, it seems odd that we can claim a specific belief in a higher power reflects the entirety of our views.

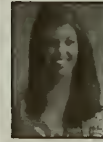
Teaching elementary children the U.S. is "a nation under God" is a backhanded way of fusing conservative, religious views into the curriculum.

However, federal courts continue to rule that the U.S. motto "In God We Trust" does not violate the separation of church and state.

U.S. District Judge Frank C. Damrell Jr. declared that "[t]he national motto is excluded from First Amendment significance because the motto 'has no theological or ritualistic impact' and is of a purely secular, 'patriotic' and 'ceremonial character.'"

I am utterly confused. How is God secular? And since when did it become patriotic to mix religion with politics?

Unstable economy has college students worried about credit scores



Linsey
Mead

He's a 10, she's a 10, she's an eight and he's definitely a five.

What do these numbers mean to you?

Immediately you think of a person's attractiveness. Do they have it going on or not?

For single people, this might be vital information.

Just keep it in mind, while you are scoring the cute person in the library, someone else is scoring you.

It's called your FICO score and it is composed from a number of things: credit cards use, how bills are managed and paid and credit card debt.

So why is this score important?

For starters you need it to buy a house, car or any other type of major investment, but what most don't know is that it also comes into play when applying for a dream job after graduation.

Yes, companies check your credit now.

Good credit can be a representation of you; it shows you are responsible and dependable, both of which are qualities that future employers look for in their employees.

Jobs such as firefighters, police and various financial careers, check your score before they hire.

As college students and

especially seniors, we need to keep this in mind.

"The key to looking for a job is planning ahead and doing your research early," said Cynthia Smith, assistant director of career services.

"Make sure you have strong credit and records that ensure you have a clean, red-flag free background because it is taking graduates nine months to a year to find a job as apposed to what it used to be at three to nine."

In other words, don't wait until the last minute to get your future going.

I am a senior, and I know other seniors are nervous about the current job market, but my

Your FICO score is composed of credit card use, how bills are managed and paid, and credit card debt.

advice is start your prep work now if you haven't already.

Get your credit run, update your resume and get your feet wet in the workforce.

Just remember the jingle for the freecreditreport.com commercial that so many of us get stuck in our heads.

There are companies out there that are willing to help.

The job hunt can be intimidating and unpredictable, but if you are confident in your credit score and market yourself properly then you will reach your full potential.

The gripe about those little green envelopes



Anna
Meyer

Have you ever been one of those lucky people who walk to their car and see a lovely green envelope with a parking ticket enclosed on their windshield?

CLU parking tickets range from \$25 to \$100 a piece and they usually leave the recipient with feelings of anger toward the men on segways.

In the month of September alone, over 500 parking tickets were issued to students, staff, faculty and visitors.

One third of those 500 parking tickets were dismissed, and students were not fined.

Campus Public Safety is very understanding. If you have a

legitimate reason for why you violated the parking code, they are more than willing to try and work something out so that you do not have to pay a fine.

So before you get pissed off at the Campus Public Safety officers or write a begrudged check to the university, consider taking the time to walk in to the Welcome Center.

They might have a solution for you, and it might be as easy as signing a form.

In speaking with Fred Miller, the director of Campus Public Safety, I learned that their office is not out to take hard earned dollars away from CLU students.

"I would prefer students didn't have to pay, that they

simply complied or do campus improvement hours," Miller said.

Students have the choice to do campus improvement hours.

When I first heard this, I thought students were being used as free gardeners, but students actually have the opportunity to help out any department on campus as long as Campus Public Safety approves it.

About three hours of volunteer work for the university will clear a \$25 parking ticket.

Although most of us see parking tickets as an unfair inconvenience, surprisingly they do have a purpose.

The parking permits are used as a security measure on campus.

Campus Public Safety uses the permits to identify vehicles that should not be on campus.

According to Miller, last year there was an incident in which the office of Campus Public Safety was able to identify two non-students who were handed to the Sheriff's department on the suspicion of drug trafficking.

We are lucky at CLU because we have people dedicated to protecting our safety.

In addition, as students, we should feel fortunate that we don't have to pay for parking permits.

At Cal State University Fullerton, students pay around \$250 a semester for parking permits and are not guaranteed a parking

space, according to a professor at the university.

The parking permit fee goes toward building new parking structures.

At CLU, all of the fines collected by Campus Public Safety go into the CLU General Fund, which goes to help many departments

and projects on campus with financial support, said Fred Miller, director of Safety and Security.

I for one am grateful that I have that little, free parking sticker.

Tuition costs are high enough, and last thing I want to pay for is a gaudy parking structure that would never guarantee a spot.



Photo courtesy of stockxchange.com



Photo courtesy of stockxchange.com

Dormitory woes

Are some students receiving the short end of the stick?



McKenzie Becker

After seeing a room in Trinity, I have decided that the majority of students at CLU are getting the short end of the stick when it comes to on-campus housing.

Trinity and Grace are the only dorms that offer individual rooms to students living on campus.

The rest of us are stuck sharing our space with a roommate.

Although this is not an issue for me, being best friends with my roommate, it is not so enjoyable for those who do not get along with theirs.

We all have our times when we just want to be alone, but it seems to be impossible when living with three other roommates in a two bedroom dorm with a small living room and shower area.

However, for students living in Trinity and Grace, this problem does not arise.

They all have the luxury of having their own bedrooms, a kitchen and a much larger living area and space overall.

Those students living in these two dorms are paying a little more than those of us in the standard housing on campus.

The only three dorms with kitchens are Mogen, Trinity and Grace.

For the students living in these dorms, they are given the option of any of the five meal plans: 5+, 8+ 12+, 15+ or 19, as well as the option of having "munch money."

For the rest of us living without a kitchen, we are forced to choose between the 12+, 15+ and the 19 meal plans.

Whether we like it or not, we are required to have a meal plan of 12+ or above.

For those of us not living in

Mogen, Trinity or Grace we don't have the option of saving money on a meal plan.

The only exception to this requirement is if a student has a serious health issue or allergy.

It is unfortunate that the majority of us living on campus are throwing money out the window on meals in the Cafeteria, Centrum or a la Carte. Not to mention the unused meals that we don't get the chance to use.

Students living in a standard residence hall are paying \$2,710 per semester on living, along with their meal plan, with the average being the 15+, costing another \$2,500 per semester. This totals to \$5,210 a semester.

Students living in Grace or Trinity are paying \$4,200 a semester, and the majority of these students do not have meal plans, or they have the 5+, which is \$1,705 a semester, totaling to \$5,905.

For those of us not living in Mogen, Trinity or Grace, we don't have the option of saving money on a meal plan.

The difference in cost is minimal, at \$695, assuming a student even has a meal plan when living in a non-standard residence.

The students in non-standard residence halls actually end up paying less if they choose to not have a meal plan and take advantage of their kitchen.

So, as we can see, students living in housing with individual rooms and kitchens are getting a much better deal than we are.

Let's all cross our fingers for more housing to be built with individual rooms and kitchens so we can all enjoy our own rooms along with the rest of the lucky students who already are.

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Robert Amey

Are friends with benefits the new monogamy?

As we all know it is 2009, and as young adults we have moved away from the "normal things" our parents and grandparents did when pursuing a special someone.

Simple things like writing a letter, sending flowers or even surprising a perspective cutie have all been overshadowed by text messages and other electronic trends.

With today's technology, it has become common to send a Facebook message saying "Hey, we should hang out."

The concept of dating and being in a relationship has truly changed.

When did it become the norm to be single?

Maybe it sparked when Beyonce's "Single Ladies" hit radios. Who knows?

Better yet, when did it become okay to settle for a friend with benefits?

And for those who are not familiar with "FwB," it is a physically involved relationship

The concept of dating and being in a relationship has truly changed.

between two friends without a monogamous relationship or commitment.

So basically, a hit it and quit it deal.

The traditional concepts of flirting, dating and even marrying have been thrown to the ground and thumped and spit on.

Has our generation really become too preoccupied for monogamy?

Whatever happened to dinner and a movie?

Monogamy is so over

Well it's been buried away with all the feelings that used to make us develop a crush when we were younger.

The butterflies that used to fill our tummies have been captured by a fear of monogamy.

In a decade where jobs and careers are scarce, it has become common to deprive our personal lives.

So, just as we want a quick meal, we want some quick attention.

We have no time for relationships.

As students we eat, breath and sleep our education and jobs.

So like my granny says, don't knock it till you try.

In order for this "FwB" trick to work, there are a few rules that must be followed.

1. Be very clear about what you want. Having a clear precise understanding with your friend is key.

2. Choosing the perfect candidate is vital. This can either lead to success or lots of drama.

Choosing your friend from middle school wouldn't be a great idea, simply because "FwB" doesn't last very long.

So it definitely needs to be someone you wouldn't mind having around but wouldn't miss the morning you wake up.

3. Don't be a dim wit. Leave all baggage in the back of the closet sitting next to your high school graduation gown you will never wear again.

If you are looking at your phone waiting for a text from your friend with benefits, you have become emotionally involved, and you are officially a dim wit.

If you are thinking about flirting with benefits weigh the pros and cons.

On the other hand, I don't understand why anyone would give out benefits, without fulfilling some type of commitment.

Everyone knows you can't get a check without putting in work; that should go for your goods too.

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Letters to the editor must include your name, year/position and major/depart-ment.

Adopt-a Family

In celebration of 50 Years of CLU, the Community Service Center is sponsoring 50 families and children for our Adopt-a-Family program this holiday season. We need everyone - you and your club, office or group - to help us reach this goal!

Give back and make this holiday season special for a family or child - make a difference and sign up!

Sign-ups are from Nov. 2 - Nov. 13.

For more information and to sign up, visit www.callutheran.edu/csc

SPORTS

The best in the West primed for a championship run

Or will 'the king' finally ascend the throne...?

Andrew Parrone
Staff Writer

The 2009-10 NBA season has just gotten under way, and the craziness has already begun after an off-season of intriguing moves.

The season could not have gotten off to a worse start for the league's most cursed team, the Clippers.

After a summer that saw them win the NBA Draft lottery and No. 1 overall pick Blake Griffin, the Clippers' budding new star broke his kneecap in the final pre-season game. It is hard to imagine what else could go wrong for Los Angeles' other team.

Speaking of Los Angeles, the world-champion Lakers had an exciting summer of their own. Even though they added their 15th championship banner this past June, they decided to revamp their lineup by adding the talented, but volatile, Ron Artest.

This move may work out brilliantly, but no one can be sure when dealing with the NBA's strangest character.

It remains to be seen how Kobe

and company will handle the changes and the pressure of re-appearing.

The Lakers' greatest threat to the title in the West will probably come from the San Antonio Spurs.

The perennial contenders were bounced from the playoffs in the first round last year, prompting many to question if their run near the top had come to an end.

Instead, they traded for swingman Richard Jefferson and appear poised for another run at the title.

The key will be the health of aging stars Tim Duncan and Manu Ginobili, who both started to wear down at the end of last year.

The surprise of last season, the Orlando Magic, were not content with finishing second to the Lakers and spent the summer adding pieces of their own.

Shaq insists that reigning MVP LeBron James is the main man in Cleveland and that is goal is simply "Win a ring for the King."

They dished out huge contracts for big men Marcin Gortat and Brandon Bass, and traded for enigmatic superstar Vince Carter.

They appear to be the deepest team in the league, but Dwight Howard must become better on the offensive end.

Many experts are touting the Boston Celtics as the team to beat in the East. They return the core of the team that won the 2008 championship, including stars Paul Pierce, Ray Allen and Kevin Garnett.

The addition of temperamental Rasheed Wallace should add some scoring and toughness to their bench. But the drama surrounding point guard Rajon Rondo's contract and status with the team could be distracting, and no one is sure whether KG's surgically-repaired knee can last the whole season.

The team with the most star power, at least personality-wise, resides in Cleveland.

The Cavaliers made the biggest headlines of the summer, literally, when they traded for aging, yet effective, Shaquille O'Neal.

Shaq insists that reigning MVP LeBron James is the main man in Cleveland and that his goal is simply "Win a ring for the King."

The Cavaliers hope that Shaq can do for James what he did for Dwyane Wade in Miami. And in case you have not been paying attention, James can become a free agent at the end of the year.

Other teams added players as well, but none made the splashes that the five elite clubs did. This early in the year it is hard to imagine any other team knocking them off come playoff time.

However, the talent gap between the best teams and the worst seems to be narrowing, and only a few teams are going in reverse.

Sorry New York Knicks. On the bright side, the summer of 2010 could be huge for the Big Apple with the team making salary cap space for James to possibly land in New York.

Another big story during the off-season was just recently resolved.

The NBA and the referees

were involved in a labor dispute throughout the summer, but they finally came to terms on Oct. 23 for a new deal.

This, however, only guarantees that the NBA will have the same questionable calls for the next two years.

Even though it is still months until the finals, it is never too early to make predictions.

After getting his team to the Finals last season, Howard will finally lead his team to the championship and firmly establish himself as the best big man in the game today.

Until then, it promises to be another entertaining, memorable season.

CAL LU SPORTS CALENDAR

| | Wed. 4 | Thur. 5 | Fri. 6 | Sat. 7 | Sun. 8 | Mon. 9 | Tues. 10 |
|------------|----------------|---------------|-----------------|-----------------------|--------|--------|----------|
| FOOTBALL | | | | at La Verne 1pm | | | |
| WATERPOLO | at Caltech 4pm | | | at Pomona-Pitzer 11am | | | |
| SOCCER | | at CHS 7:30pm | | SCAC Tournament TBD | | | |
| VOLLEYBALL | | | vs La Verne 5pm | SCAC Tournament TBD | | | |

Shade denotes home game

Seniors celebrated in sweep of visiting Tigers

Regals own share of second place in SCIAC with win

Brandon Kennedy
Staff Writer

"It is the end of an era, so to speak, for the senior Regals on California Lutheran's volleyball team.

After the last home game of the regular season, the Regals held their "senior night" to honor the seniors who have given so much to the team and who will most likely never play another home game on the campus of CLU.

That is unless multiple teams from the Southern California Intercollegiate Athletic Conference (SCIAC) make the tournament, and the National Collegiate Athletic Association (NCAA) deems it economically beneficiary to hold regionals at CLU.

The Regals came out with a purpose on Friday evening and swept the Occidental Tigers, pushing the Regals winning streak over the Tigers to 12 in a row.

The last time Occidental had beaten CLU was almost six years ago to the date, on Oct. 29, 2003.

For the Regals, one of the four-year seniors on the team is libero and outside hitter Jenna Meligan.

Meligan ranks first on the team for digs per set at 3.43, just ahead of teammate Bridgette Redmond who she shares time with at the libero position.

"We play for each other, and for the love of the game," said Meligan, who remembered all the crazy and fun things she and her teammates have done over the last four years.

"We would do our own version of the 'Amazing Race,' running through the mall and other crazy embarrassing places," Meligan said talking about one of her fondest memories of the team.

Another senior, right-side hitter and setter Cori Hayes played well, ending the night with six kills, four assists and one dig.

"It's emotional. I played for 12 years," Hayes said about her last home game at CLU.

Hayes also felt that the team sided out well and got kills when they needed them.

CLU has only four seniors on the team including right-side hitter Kathryn Wallace and Redmond, who shares time at libero and outside hitter.

With an 18-10 overall record,



Photo by Erik Hagen - Creative Media

Team Spirit: The Regals will take their team philosophy into the SCIAC tournament this weekend at Redlands.

and a 9-3 SCIAC record, the Regals are looking forward to the SCIAC conference tournament.

When getting ready for any type of tournament it is important to realize and work on what may need to be improved.

"Being a shorter team we need to work on our block," head coach Kellee Roessel said.

She says if they can block bet-

ter, it gives the team's defense a better chance to set up and takes the pressure off.

"We just need to keep playing with heart, I know they believe in themselves. We ended the season as well as we could have," she said.

She also mentioned that it is great to get such a young team so much experience in the play-

offs, and it can only help the team in the future.

"I am sad to see these girls go, but am excited to see what they do in the future. I know they will all be successful," Roessel said of her four seniors who will be moving on after this season ends.

The SCIAC tournament starts Friday, Nov. 6, 2009.

Third school is the charm for CLU's top rusher

Allie Mansfield
Staff Writer

Upon arrival at California Lutheran University, senior running back Brian Stuart was not like most first year players who enter the Kingsmen football program. Entering as a senior and playing his first and final year of college football at CLU, Stuart had little time to make his mark as a Kingsmen.

"I was mainly worried about the coaches and the players," Stuart said of arriving late to the football program. "I have already been through three years of college, but I was coming here for two reasons, school and football."

Stuart adapted to his new environment with ease, which he claims to be with help from his fellow teammates and the coaching staff.

"I like the way the team embraced me when I came in. Most guys would turn their backs, but they made me feel at home," Stuart said.

Following graduation from Birmingham High School in 2005, and playing two years at College of the Canyons, Stuart transferred to Humboldt State University and after just one year, Stuart found himself back in Southern California due to family issues regarding his grandparents.

Thinking that his football career was finished, Stuart was ready to put it in the past and move on.

But as the time for spring ball rolled around and he started feeling the itch to get back in the game, he was then contacted by the coaching staff of CLU, who had gotten word that Stuart was available.

"I knew it wasn't time for me to hang up my cleats just yet. I did what I had to do and finished the

few requirements and here I am now," Stuart said.

Despite his initial worries of fitting in, Stuart has been able to contribute to the team right away, and could make history in doing so. He only needs 149 more rushing yards to reach 1,000. If he makes it, he would be the first to do so at CLU in 10 years.

"As a team, our goal is to win the SCLAC championship and to make it to the Division III playoffs, I want to be on that team that makes it there for the first time at this level," Stuart said.

"We want to go all the way, and as a team we are hard to stop on both sides of the ball. As a running back it's always a great success to rush for 1,000 yards in a season and it would be amazing to achieve that, but my main goal is to contribute to the team in any way I can."

After attending a Kingsmen football game, one can attest to Stuart's impact on the field. Having the ability to please the crowd, who are constantly out of their seats when Stuart makes a play and heads toward the end zone, does not seem to get to the new football star of CLU.

"To tell you the truth I don't hear [the fans] on the field, I appreciate it; the fans here are awesome. When I come off the field, the atmosphere is different; you can feel one with crowd. But I don't hear it till I get on the sideline," Stuart said.

"When I am on the field I am focused, I am in the game, I am not thinking about anything but reading and reacting."

But he can not completely shut out everyone.

"As weird as it sounds, I do hear my mom in the stands, but on the field I hear Jericho call the play, and then I just run. I follow my

blockers and just do what Coach [Ed] Garcia tells me to do."

Having contributed 14 touchdowns, being named SCLAC Athlete of the Week this past week and being one of four athletes to run for four touchdowns in a game and averaging 115 rushing yards per game, Stuart can be considered a tremendous asset to the Kingsmen football team.

"After hearing those stats, naturally I feel good, but I always feel there is room for improvement. Once I start to feel comfortable with something, that's when I ask myself what I could have done better," Stuart said.

Fellow Kingsmen player and sophomore fullback, Daryl Carter, agrees Stuart is making a difference on the field.

"I haven't known Stu for a long time, but I block for him, and it's cool that when I block I can see actual progress. I am happy to block for him and to see him keep scoring touchdowns," Carter said.

A portion of Stuart's success can be attributed to his pre-game preparation which he refers to as his "me time."

"My 'me time' is basically three to five minutes I step to the side where I calm myself down. I take that time to think about my grandparents, and my grandma especially," Stuart said.

"She passed away recently, but she was there from when I first started and that calms me down. I say a few things to her and from there it's time to have fun with the boys."

As Stuart prepared for the game against the defending conference champions, Occidental College, he had his grandma on his mind more than ever. That same day when the teams would face off would be same day he would have been celebrating his grand-



Photo by Nick Gilliam - Staff Photographer

Level Headed: Brian Stuart reflects before every game in preparation for play.

mother's birthday.

With that in mind Stuart was ready to play hard and win big and the team delivered with a significant victory on Oxy's home field. The Kingsmen earned a huge win over the defending champions.

"I hope to leave the game as I enter the game, and because of

my great support system I get from my family, the team and the coaching staff I am able to do that," Stuart said.

Both fans and players are excited to see what Stuart and the team can deliver when they face off against the University of La Verne 'Leopards' on Saturday, Nov. 7 in La Verne, Calif.

VARIETY SHOW

FRIDAY NOVEMBER 6, 2009

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CLUB

Second-year coach hopes to take step forward this year



Photo by Maxx Buchanan - Staff Photographer

Sophomore Star: Meaghan Goodenough started 25 games as a freshman.

Rachael Hubbard
Staff Writer

The California Lutheran University Regals basketball team begins its season on Sunday, Nov. 22, at home against Linfield College of Oregon.

This year is Roy Dow's second year as head coach. He was named CLU's women's basketball head coach on July 16, 2008.

Before coming to CLU, he was a coach at Caltech for six seasons.

While at Caltech, he improved virtually every statistic in each category for the team.

"This season we are hoping to improve and play as hard as last year's team did. It will be exciting to watch this team develop in two years," Dow said.

The Regals have 12 new players and seven returning players.

"The sophomores on our team are veterans because of all the experience they got last year," Dow said.

Regals guards Britlyn Garrett, Danika Briggs, Meaghan Goodenough and center Shana Moore are the four returning sophomores on the 2009-2010 women's basketball team.

Garrett, Briggs and Moore ap-

peared in all 25 games last year, while Goodenough started in all 25 games.

Along with the nine freshmen on the team, there are three transfers. Two of these transfers



are sophomores and one is a junior.

The team only has two seniors this year. Forward and center Nita Sims earned second team all-SCIAC selection, started all 25 games, led the team in scoring with an average of 11.7 per game and was ranked eighth in SCIAC for scoring last year.

Sims scored a career-high 25 points against Whittier on Jan. 8, 2009 and was named CLU's female athlete of the week twice (Nov. 17-23, 2008 and Jan. 12-18, 2009).

Last year, guard Kelsey Paopao played in all 25 games and started 23 of those games. Paopao scored

a season high last year against Claremont-Mudd-Scripps on Jan. 15, putting up 18 points. She was ranked 15th in the SCIAC conference in steals per game, second on the team with 44 assists and third for the Regals with 30 steals.

"We have a lot of height throughout the roster along with athleticism and skill," Dow said.

In the preseason poll for the SCIAC conference rankings, CLU was voted third.

Dow's goals for the team this year are to keep getting better and to "play our best basketball in February and March. I want the team to push and support one another and hold each other accountable," he said.

The Regals take on the two previous national champions, George Fox University of Oregon on Nov. 29, and Howard Payne University of Texas on Dec. 31.

"We are looking forward to competing and seeing what players are on an upswing and improving and what players are going to continue to compete after they hit those tough spots," Dow said.

"These games are going to show us where our strengths and weaknesses are."

Regals clinch playoff berth

Greg Gelber
Staff Writer

With the final two games of the season, Cal Lutheran's Regals soccer team looked to end the regular season on a high note.

Both of these games had huge implications for the Regals chances of making the SCIAC tournament.

The Regals would need to win one out of the last two games to clinch third or fourth place in SCIAC play, which would clinch an automatic bid into the SCIAC tournament.

The first game of the week, Wednesday, Oct. 28, at the University of La Verne, saw the Regals top the Leopards 2-1.

In a game that saw no scoring through the first 45 minutes, the Regals got on the board in the 45th minute by freshman Mayra Virgen.

The score remained 1-0 Regals until the 67th minute, when the Leopards tied the score up with a goal by Leopard senior Falisha Ramirez on an assist by junior Ashley Venga.

After a mere three minutes of a 1-1 score, it was Virgen again, who scored the game winning goal in the 71st minute. The score remained 2-1 throughout the rest of the game, with the Regals clinching a SCIAC tournament birth.

Assistant coach Josh Parker enjoys how his team plays toward the latter parts of a game.

"Everyone plays hard and we typically get stronger as the game goes on. Our players love winning and it's becoming a habit," Parker

said.

The Regals dominated offensively throughout, ending with 20 shots compared to 11 for the Leopards. Junior goalkeeper Kristin Borzi made four saves throughout the game.

Although the Regals beat La Verne, head coach Frank Marino felt his team could have played even better.

"We didn't play really well against La Verne, but we managed to find a way to win the game which is good for our confidence," Marino said.

On Saturday, Oct. 31, the Regals took on the Pomona-Pitzer Sageshens at home.

It was senior day for the Regals, who saw three of their seniors, Kelsey Sullivan, Lynsey Gagnon and Ashley James, honored before the game started.

The Sageshens went on the offensive early, creating eight shots on goal throughout the first 25 minutes.

Sagehen's sophomore Mackenzie Harrison connected on a free kick during that time, putting the Sageshens on top 1-0. Harrison would connect with another goal on a pass through a corner kick in the 33rd minute, putting the Sageshens up 2-0.

Once the second half began, the Regals were the team on the offensive.

The Regals had seven shots on goal through the first 12 minutes of the second half, finally scoring a goal in the 77th minute.

Cal Lutheran freshman Jessica Reid hit the ball off the crossbar, which leading scorer, junior Britany Clark, headed in, making the

score 2-1.

After that goal, the Regals could not score an equalizer, resulting in a 2-1 victory for the Sageshens.

With the loss, the Regals finished in fourth place, which earns them a trip to the SCIAC tournament.

Coach Parker is excited for the team's opportunity.

"We are currently 13-5-2. There aren't too many teams with a better record...our team chemistry is excellent," Parker said.

The Regals will open away at the 2009 SCIAC season champions Claremont-Mudd-Scripps on Thursday, Nov. 5th.

The start time for that game will be 7:30 p.m. The Regals ended the season with a SCIAC record of 6-5-1 and an overall record of 13-5-2.

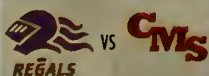
Claremont-Mudd-Scripps, ended the SCIAC conference with a record of 9-0-2, and an overall record of 12-2-2.

Coach Marino has enjoyed the season thus far.

"I feel the season has been successful," he said.

"We have had our most wins since 2000 and feel we have managed to have a good season despite having key injuries."

On deck



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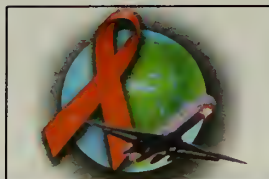
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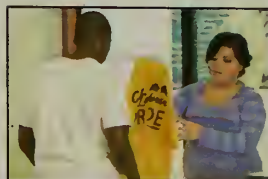
THE HOTTEST SPORTS BAR IN TOWN!



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Cal Lutheran
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the Echo

November 11, 2009 Vol. 54 Number 8



Photo by Doug Barnett - Photo Editor

On Ballpoint: Tom Ashbrook, host of National Public Radio's "On Point," signs an autograph for a KCLU supporter at the Thousand Oaks Civic Arts Plaza Saturday night. Ashbrook met with KCLU donors before a live taping of his daily radio show.

Ashbrook helps KCLU celebrate anniversary

KCLU looks to the future with plans for broadcast center

Jesse Knutson
Staff Writer

In 15 years of being a radio station, KCLU has received over 130 awards, including being named the Associated Press Station of the Year in April 2002.

KCLU celebrated their 15th anniversary on Saturday, Nov. 8, by having Tom Ashbrook, award-winning host of NPR's *On Point*, perform a live show about California's new-energy economy with numerous KCLU listeners present.

On Oct. 20, 1994, at 4:30 p.m., KCLU signed on to the air with radio legend Norman Corwin giving a presentation.

Back in 1994, KCLU only had the station 88.3 FM, but the station now has 102.3 FM in Santa Barbara County as well as 1340 AM, which is the only AM NPR station in southern California.

"We're lucky to have been on their airwaves for nearly seven years, and they invited us out



Photo by Doug Barnett - Photo Editor
On Point: Tom Ashbrook speaks at KCLU's 15th anniversary.

west to host a live show. How could we refuse?" said Hilary Barngrove McQuilkin, producer of *On Point*.

McQuilkin continued to say that it was a great chance to meet loyal listeners, and joked that who wouldn't want to head to sunny Southern California instead of winter in Boston?

"In my opinion, Tom and his team of producers put together the best weekday discussion program in the U.S., and I'm proud to have it on KCLU," said Jim Rondeau, KCLU program direc-

tor.

The show included Mary Nichols, chair of the California Air Resources Board, Bill Gross, CEO of Idealab and Gary Polakovic, president of Make Over Earth and Pulitzer Prize recipient.

The three guests, along with Tom Ashbrook, discussed California's leadership in green technology and how California's strides in the environment can help the economy of the state as well as the nation.

After the show that was recorded for Tom Ashbrook's *On Point*, listeners present were allowed to ask questions of Ashbrook, ranging from what his most powerful interview was to talks about him doing voice-overs for Kung Fu movies.

"I thought the show was really interesting. Tom Ashbrook was really insightful and wasn't biased," said Mike Poladian, junior at California Lutheran University.

"Instead of voicing all of his own opinions, he brought out the facts on matters."

Poladian also explained how great it was that KCLU is affiliated with the University.

"I'm really happy for KCLU and its 15 years with Cal Lutheran. I hope that they keep up the great station they have and continue to be successful for another 15 years," he said.

KCLU is currently located in Mt. Clef Residence Hall at CLU, but is fund raising to build a new broadcast center on north campus.

According to the KCLU capital campaign, building the new broadcast center will help the station to expand programming, improve its ability to respond to local breaking news and to provide an educational setting for the journalist of tomorrow.

"A big part of KCLU's commitment has been to provide news and features that serve the needs of the local community. News stories that L.A. stations don't cover," Rondeau said.

The new station will include all that is necessary for a great radio station, as well as labs for students who are interested in radio journalism.

Week raises awareness on disabilities

Lynn Clahassey
Staff Writer

Eating with one arm, trying to get around in a wheelchair was a lot harder than it looked for students of CLU who participated in the Disability Awareness activity last Tuesday afternoon.

"This week is not only about providing awareness, but to tear down those walls we've built inside and to treat everyone with dignified respect," said Lisa Buono, counseling and guidance instructor and field research coordinator.

"I cannot stress how important it is to be aware and to think about those that could need people's support."

This is California Lutheran University's seventh year participating in the Disability Awareness Week. Every year the university tries to brainstorm different ideas and activities that students can get involved in.

This year's activities received the attention of both students and staff.

"CLU's mission is to create an awareness for diversity. It's important that students start thinking about other people, like those who have disabilities," said Wendy Perkins, accessibility resource coordinator of Center for Academic and Accessibility Resources CARR.

CLU's campus has done its part in providing awareness by tying blue ribbons around trees and handing out blue ribbon pins that people can put on their shirts showing that they care.

Various activities went throughout the week trying to encourage students and staff to participate.

"We have had such an amazing turnout. So many people are interested and becoming engaged in all the activities that are happening around campus," said Stine Odgaard, senior coordinator for Community Service Center.

Activities lasted a week and ranged from making blankets for terminally ill children to speakers discussing their experiences of working with disabled people.

One activity that received much attention from CLU students was the service project that involved

[See AWARENESS, Page 2]



For more information
visit www.KCLU.org

NEWS

Numbers show CLU in the process of diversifying

Jackie Rodriguez
Staff Writer

Different sizes, shapes, colors, beliefs, attitudes, creeds and cultures are all aspects that CLU seeks to have within its student body.

The challenge to increase diversity among students and faculty at California Lutheran University is slowly becoming less of a concern as the number of students from ethnic and racial minorities increased this year.

CLU attempts to increase diversity on campus, said Matthew Ward, vice president for enrollment management and marketing, in "how we market the institution, how we use our words and how we tell our stories."

Efforts made by CLU officials appear to be working, as there was a significant increase in Latino and African-American students in this year's incoming class.

In comparing last year's freshman class to this year's, there was a 46 percent jump in the number of Latino students and an 81 percent increase in the number of African-American students, Ward said.

Diversity among students has been steadily increasing each year since 2003.

Currently, over 30 percent of the undergraduate community is composed of ethnic minorities, according to the Western Association of Schools and Colleges Diversity Report.

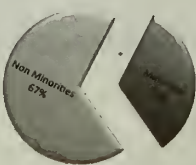
The 2009 fall semester started with 677 undergraduate ethnic minority students on campus. Latino students comprise almost half of that number, with a total of 305 students.

The second largest group is Asian-American and Pacific Islander, with 100 students combined. They are closely followed by a group labeled multiracial, with 91 students.

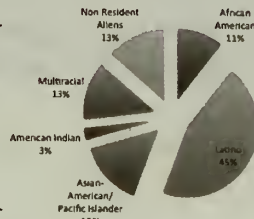
The number of ethnic minorities on the faculty also has increased. Currently, there are 145 full-time ethnic faculty members. The largest ethnic minority fac-

CLU diversity by the numbers

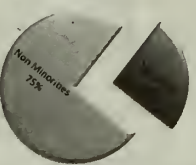
Fall 2009 Undergraduate Ethnic Minority



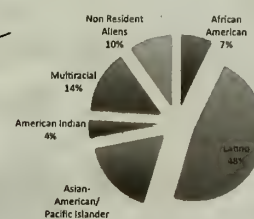
A total of 32.8 percent (677) of all traditional undergraduate students are classified as ethnic minorities.



Fall 2003 Undergraduate Ethnic Minority



A total of 25.3 percent (419) of all traditional undergraduate students are classified as ethnic minorities.



Data from the Western Association of Schools and Colleges Diversity Table

ulty group differs from that of the undergraduate students. Asian-American and Pacific Islander is the largest group for the faculty, having a total of 11 members.

The second largest group is Latino, with a total of seven individuals. Closely following the Latino faculty members are the African-American members, who are five in total.

Having a diverse faculty is an important aspect to the development of CLU, Ward said.

While ethnic and racial diversity is not all that CLU attempts to increase, their methods for achieving religious diversity are not as aggressive as their methods for achieving racial diversity.

"With religion, we are not as deliberate," Ward said.

In an effort to increase socioeconomic diversity, CLU has developed a new program called the CLU-Guarantee.

The CLU-Guarantee is awarded to incoming students who have been accepted by a UC school and are awarded the tuition price of a public university, Ward said.

Despite the efforts, some students still feel CLU has room for improvement.

"I don't think it is as diverse of a school as others, but I think it's in the process of becoming a diverse school," freshman Miriam Velasco said.

Regardless, students need to "create a support structure and environment that encourages diversity," Ward said.

Now that CLU is becoming more diverse, students on campus need to become more accepting.

"The important thing is what we do with our growing diversity," said Juanita Hall, senior director of Multicultural International Programs. "Getting people to interact across differences is still a challenge."

To take advantage of the diverse viewpoints on campus, students should go beyond their comfort levels, Hall said.

When people "engage across difference with more confidence," Hall said, "the entire campus can benefit from our diversity."

Activities give the sense of being disabled

[AWARENESS, from Page 1] stuffing turtle pillows for children with disabilities.

Around 15 or more students came to the Chapel to make the pillows. This event provided people with the hands-on experience of actually making a difference by bringing a sense of comfort and love to children with disabilities.

"This is the perfect opportunity for students and staff to get directly involved," freshman Katie Higbee said.

"An activity like this gets people really thinking what it means to these children that are going to receive the pillows."

Having Disability Awareness Week on a college campus provides students with a knowledge about a topic that otherwise would have probably never been recognized.

The Centrum's activity, where students and staff could actu-

ally physically see and feel what it is like to have a disability, made people really stop and think.

"The event was such an eye-opener. I just hope now that students will help people with disabilities if they need it. It doesn't hurt to spend a little of your time to reach out and assist," Higbee said.

It is about providing awareness for something that many will admit they never really stopped and thought about.

By encouraging everyone on campus to get involved, awareness is already being spread, which is exactly what Disability Awareness week set out to do.

"Just spreading the word is everything. It doesn't mean that you have to participate in anything. It's the fact that students and staff are being informed about Disability Week; that's all it takes," Perkins said.

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AIDS ban lifted after 22 years

Hanna Halldorsdottir
Staff Writer

President Barack Obama has announced plans to eliminate a 22-year old ban that prohibits those who are HIV-positive from entering the U.S.

On Oct. 30, Obama held a news conference where he announced that final steps had been taken in an effort to implement a rule that lifted the travel ban; this rule would go into effect early in 2010.

The Bush administration had started the process more than a year ago.

"We lead the world when it comes to helping stem the AIDS pandemic, yet we are one of only a dozen countries that still ban people with HIV from entering our own country," Obama said during the news conference. "If we want to be the global leader in combating HIV/AIDS, we need to act like it."

Dr. Adina Nack, associate professor in CLU's Sociology department, as well as an HIV/AIDS researcher and member of the HIV/AIDS Coalition of Ventura County, believes eliminating the ban is an important step in the battle against discrimination of those infected with the virus.

"The recent overturning of the U.S. immigration and travel ban against people living with HIV/AIDS is an important step in combating the stigma of this disease," Dr. Nack said. "HIV is not an infection spread by casual contact. Based on medical evidence, there has never been a persuasive public health rationale for the U.S. ban."

Since 1987 HIV-positive travel-

ers and immigrants have needed a special waiver to enter the U.S. The ban started when HIV was added to the list of communicable diseases that could prevent a person from entering the country.

According to the White House Web site, the process of eliminating the ban started last year.

In July 2008, Congress removed all legislative barriers to repealing the ban, which paved the way for Health and Human Services to repeal the ban.

A final rule will be published in the Federal Register on Monday, Nov. 2, and will take effect in early January, meaning that people who have HIV, and are not U.S. citizens, will be able to enter the U.S.

Currently the U.S. is one of 12 countries that enforce an entry ban on those infected with HIV. The 11 other countries are Armenia, Brunei, Iraq, Libya, Moldova, Oman, Qatar, Russia, Saudi Arabia, South Korea and Sudan.

Shortly after he made the announcement on the lifting of the travel ban, Obama signed the Ryan White HIV/AIDS Treatment Extension Act, which according to CNN extends "federally funded HIV/AIDS treatment for hundreds of thousands of under-insured, low-income Americans."

The Ryan White Program is a federal program that provides HIV care and treatment. It was named after Ryan White, an Indiana teen, who was diagnosed with HIV in 1984 after receiving a blood transfusion.

Recent data from UNAIDS, a joint United Nations program on HIV/AIDS, estimates that around

World AIDS Day 2009

California Lutheran University will mark World AIDS Day 2009 with a series of events that explore the epidemic both locally and globally.



Nov. 24-Dec. 2: "Condom Tree," an exhibit created by Michael Pearce, chair of CLU's art department, will explore World AIDS Day through his representation of safer sex methods. On display in the Kwan Fong Gallery of Art and Culture in Soiland Humanities Center.

Monday, Nov. 30, at 7 p.m. in the Lundring Event Center: A documentary titled "Little Secrets" will be shown. The film features 10 HIV-positive teenagers who challenge themselves, their disease and the whitewater rapids of the Salmon River.

Tuesday, Dec. 1, at 4:30 p.m. in the Lundring Event Center: A Positively Speaking Panel of local residents who are HIV-positive will share their stories and answer questions. A light dinner reception and discussion will follow. The evening will conclude with a candle-light vigil.

33 million people worldwide are HIV infected. About 1 million people are living in the U.S. with HIV/AIDS.

Recovering economy affecting holiday season

Jakie Rodriguez
Staff Writer

"Home for the Holidays" is a term that is commonly associated with warmth and happiness. However, this holiday season, that term may get a new meaning.

As the economy continues to remain unstable, more and more students are realizing that they may not be able to go home for Thanksgiving.

"It is very likely that holiday visits will be a financial challenge for many families. Some will probably not be able to afford the visit at all," said Bill Watkins, executive director of the CLU Center for Economic Research and Forecasting.

Due to lack of income, many economists are predicting the worst for holiday travel and sales.

Thanks to the struggling economy, some students are relying on programs and assistance to make sure they make it home for the holidays.

"The reason I get to go home is because my flight was bought using frequent flyer miles," junior Chelsea Williams said.

Without the aid of programs like the frequent flyer miles, some students will not be able to go home for the holidays.

"I don't think I would have bought a ticket. I would have stayed and joined my roommate and her family for Thanksgiving," Williams said.

Williams, who is flying back to Colorado, knows of other students who were not as fortunate.

"I do think that the current economic state influences people's plans for the holidays. I have a few friends who are not going home for Thanksgiving because of this," she said.

While students with family out of state appear to have a difficult time affording to go home, international students may have an even harder time.

A ticket to go to India costs

\$1,200, and it takes three days to travel there, "so \$1,200 for four days is not worth it," said senior Nilesh Vohra, who has family in India.

Unemployment and the lack of high-paying jobs have some students finding that their holiday breaks may be better spent without going home.

"The reason I get to go home is because my flight was bought using frequent flyer miles," Williams said.

Work during the holiday season may become a common trend as the future of the economy looks grim to some economists.

"It may be a very long time until we see the consistent robust economic growth," Watkins said.

Without economic growth, individuals will continue to struggle for many years to come.

"The 'average' American will likely be feeling the impact of the current Great Recession for a long time, maybe 10 years or more," said Paul Williams, associate professor of Finance.

Holiday travel is not the only aspect of the season that will be affected by the economy.

The holiday season is typically filled with shopping; however, that may not be the case this year as sales may be even less than last year, Williams said.

Forecasts for holiday sales are not high.

"We expect holiday sales to be very weak this year. It would not be surprising to see lower sales than last year," Watkins said.

However, despite some forecasts, there are some who believe that the economy is progressing.

Despite grim predictions and a slow recovery, "the economy is recovering," Williams said.



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The Echo is an open class and we want you to write for the paper.

Register for Comm. 333 to be a writer; photographer or proofreader for the spring 2009 semester

the Echo

CALENDAR

| | | |
|---|---|---|
| Wednesday November 11 <ul style="list-style-type: none">• The Need: Lacie Goff 10:10 p.m. SUB• Common Ground 9:11 p.m. Samuelson Chapel | Thursday November 12 <ul style="list-style-type: none">• Pericles, Prince of Tyre 8 p.m. Black Box Studio Theatre• Pep Rally 9 p.m. Pavilion• Improv Show 11 p.m. Preus-Brandt Forum | Friday November 13 <ul style="list-style-type: none">• Pericles, Prince of Tyre 8 p.m. Black Box Studio Theatre |
| Saturday November 14 <ul style="list-style-type: none">• Fall Football Food Drive 12:30 p.m. Mt. Clef Stadium• Pericles, Prince of Tyre 8 p.m. Black Box Studio Theatre | Sunday November 15 <ul style="list-style-type: none">• Romantic and 20th Century Cello Music 1 p.m. Samuelson Chapel | Monday November 16 <ul style="list-style-type: none">• ASCLU-G Senate Meeting 5:20 p.m. Nygreen 1• ASCLU-G Programs Board Meeting 7:30 p.m. Nygreen 1 |
| Tuesday November 17 <ul style="list-style-type: none">• Commuter Connection Lunch 11:30 a.m. SUB• Real Justice Film Series: <i>Toy's Camera</i> 7 p.m. Lundring Events Center | Next Week: November 18-25 <ul style="list-style-type: none">• The Need: George Steeves• Pericles, Prince of Tyre• Adopt-a-Family• CLU Thanksgiving Triathlon <p>Do you have an event to submit to the Echo? E-mail date, time, location and contact information to echo@callutheran.edu</p> | |



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Friday Late Night Stuft Hour - 25% off all appetizers and drink specials (9pm - midnight)

FEATURES

Special deliveries from the mail center



A Group Effort: Allen McCoskey directs student workers in the CLU mail room.

Jarrod Marini
Staff Writer

Every student or faculty member at California Lutheran University has either received letters or packages through the campus mail system.

One man knows just about everything that goes on behind the scenes to get those packages delivered as quickly and efficiently

as possible.

Allen McCoskey, a resident of Southern California, has been working in the mail center at CLU for just over two years and still loves every minute of it.

"It is so nice to work here at CLU," McCoskey said.

After his retirement from the United States Postal Service in 2003, McCoskey chose to come to CLU. "The mail center job open-

ing at CLU came at just the right time for me," McCoskey said.

"The fact that I only drive 10 miles to work every day was also a very convincing factor."

McCoskey's day starts at 8:30 a.m. and ends at 5 p.m. every Monday through Friday.

Day in and day out, he is in charge of the daily activities of the mail center and also handles administrative paper work that goes

along with the job.

McCoskey also works with 15 student employees; three of which are called 'lead students,' who are in charge of distributing all incoming mail to students and processing outgoing mail.

"Allen is the greatest boss ever. He is always very funny and laid back, but also likes to make sure stuff gets done," said Justin Stoll, a senior mail center employee.

The mail system at CLU works like any other postal service; however, it is a student-run operation. According to McCoskey, these students are the "heartbeat" of the mailing system.

"Because I don't live at home anymore, I look up to Allen as a father figure. He is one of the most inspiring people ever," said Erica Cater, a mail center student employee.

There are two daily routes to administrative and other faculty departments, which the students are in charge of. The nearest delivery is to the football offices directly behind the mail center and the farthest point of delivery is to the pre-school on the other side of the campus.

"With the help of our lead students, who are responsible for making pickups and deliveries, we make sure the mail gets delivered as soon as possible," McCoskey said.

Another task the lead students handle daily is processing all incoming and outgoing mail.

"The goal of the mail center is to deliver all mail to the faculty and students the same day as it comes in or within one day of its arrival," McCoskey said.

One of the biggest challenges for McCoskey is scheduling the prop-

er students so that the arrival time for all packages and other mail are on schedule.

"The sooner the mail center gets the mail the sooner it can be delivered," he said.

Mail starts to arrive from mid-morning to late morning when FedEx and UPS drop off all their letters and packages. The mail from the U.S. Postal Service usually comes in from the late morning to the mid-afternoon.

Before and in between the daily mail deliveries, students are making their own morning mail deliveries and pickups at various departments.

In addition, Justin Stoll '10 communicates with various departments to help them get the most out of the mailing services for the least cost.

Last year the mail center received and distributed over 20,000 packages.

However, this year McCoskey projects the count will be somewhere around 30,000. This year he noticed the increasing packages students received from buying their books online.

"I love it here. I have worked at other campuses around the country but I look forward to coming to work every day and that says a lot about the students and faculty members," McCoskey said.

"Also, it is such a joy to work with all the students here in the mail center."

Areté Vocal Ensemble leaves its mark

Echo
Staff Reports

More than 500 concertgoers packed CLU's Samuelson Chapel Sunday to experience the debut of the Arété Vocal Ensemble.

Areté, a professional ensemble of 32 vocal artists based in Thousand Oaks, fills a void in the Southern California music scene, said its founder and conductor Wyant Morton.

"Many chorale groups perform traditional music," Morton said. "We will feature the work of contemporary composers who are writing exciting new music."

Morton is chairman of the CLU Music Department and has worked with Grammy-winning soprano Hila Plitmann. He has also worked with Pulitzer Prize-winning composers Henry Brant and Steven Stacky. In addition, he guest-con-

ducts, appearing throughout the United States and Canada.

The ensemble will honor the masters, too, he said.

Sunday's program featured "Three Motets" as a tribute to Felix Mendelssohn on the 200th

anniversary of the German composer's birth.

Sunday's performance opened with the women of Arété singing alone.

They then were joined by the men singers as a small string orchestra accompanied them.

The ensemble fulfilled its mission statement with an innova-

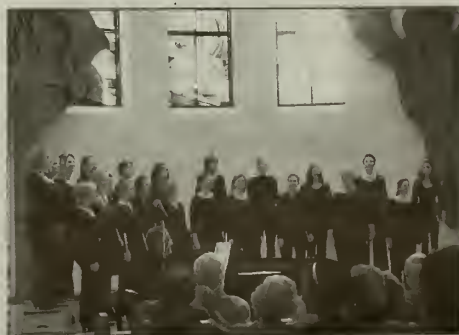


Photo by Carly Schmidt - Staff Photographer

Premiere Performance: The Arété Vocal Ensemble debuted Sunday.

tive program of modern Scandinavian music.

Among those offerings were "Mass for Choir, Strings and Jazz Piano," written by Swedish pianist Steve Dobrogosz.

Eric Kinsley, a CLU music fac-

ulty member, played the piano solo for the piece.

The program was rounded out with "Statements" by Pelle Gudmundsen-Holmgreen, Dominick Argento's "So I'll Sing With My Voice," from "Spirituals and

Swedish Choral"; and, "Folk Songs" of Norway.

The Arété Ensemble plans to expose its audiences to adventurous modern pieces in ways to make the music come alive, according to Morton.

"The word choir can conjure up a staid stereotype of often religious music," he said.

"We are excited about the work of living composers."

The ensemble, he added, will look for new ways to present the music, including innovations in staging, choreography and working with multimedia artists.

Areté's next performance — "Modern Masters" — is scheduled for 2 p.m. Sunday, March 28, 2010 in the Samuelson Chapel.



For more information
www.aretévocalensemble.org

CAMPUS

QUOTES: If you could plan a trip to anywhere in the world, where would you go?

Gina Collins



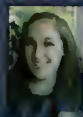
"I would go to Fiji to spear fish and lie down in a cabana."

Toby Lee



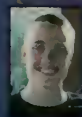
"The great pyramids; the last surviving wonder of the world."

Mish Schwartz



"I would go to Australia to pet Koalas."

Spencer McManama



"Spain; I hear it's beautiful this time of year."

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@callutheran.edu

Celebrate the new year in tropical Costa Rica

Kendal Hurlley
Staff Writer

CLU students are being given the chance to skip the cold weather this winter and study globalization and communication in Costa Rica in January.

Dr. Russell Stockard will be taking a small group of students to study abroad in Costa Rica for nine or 10 days. The tentative dates are Jan. 4 - 13.

"We will be back in time to have about a week to recover for the regular semester," Stockard said.

The trip, which counts as three credits, is listed as Comm. 285, but Stockard recently got permission through a committee to have the course listed as upper division. He is also waiting for the verdict from the same committee to decide whether the course will count for global perspectives credit. Stockard believes the committee will grant approval.

"The main theme is globaliza-

tion," Stockard said. "I chose Costa Rica because it is seen as a peaceful country and I have been there several times before."

Costa Rica is considered the most peaceful country by the United Nations and by other countries. There are no military troops, and the money that would be spent on warfare goes toward education instead. As a result, the country is considered as the most highly educated country.

While CLU students are in Costa Rica, they will have a chance to visit the University of Peace, which is outside of San Jose, the capital city. The travel seminar will also take a look at the Costa Rican education system, environmental issues, envi-

ronmental tourism, culture, indigenous people and emigration from poorer countries.

Students will also become familiar with "medical tourism," which describes people who travel to Costa Rica for medical procedures so they can undergo treatment in a vacation setting. It is also beneficial to travel to another country for medical procedures because health care costs are reduced.

"I would totally go," sophomore Gabriella Gomez said. "It's only 10 days so it's not a huge commitment, but you still get the study abroad experience."

Before this fall semester is over, there will be three meetings for those students who decide to go on the trip. There also will be about 100 pages of required reading from "The World is Flat," a textbook that discusses globalization, which will need to be completed before the departure date.

Other than that, the class will

meet a few hours per week after they return. Assignments will be minimal after returning from the trip.

"I would definitely consider studying abroad in Costa Rica," junior Pritan Shrestha said. "It's a fun and exciting way to learn."

Stockard is currently finalizing plans and deciding between two travel providers who would supply itineraries and accommodations in Costa Rica. The expected cost, including airfare

and hotel accommodations, will be about \$2,300 to \$2,500.

"Cost is a big factor in deciding which company to lead the program," Stockard said. "For some students it determines whether they can or cannot go."

There will be a meeting within the next week for interested students to learn more about this opportunity.



For more information
e-mail
stockard@callutheran.edu

THE FASHION PLATE: A HEALTHY SEARVING EACH WEEK

Holiday style and international design



Heather Taylor

Top of the Shops

She's the new face of Yves Saint Laurent's *Parisienne* perfume campaign,

and throughout the decades she has set the standard as a prominent face in the fashion world.

Now, super model Kate Moss is taking on the design world with a new line of clothing for Topshop stores.

If you aren't familiar with Topshop, it's a chain of British clothing shops similar to the American version of H&M. The line is international with locations ranging from Spain to Australia and has recently set up a flagship store in Brooklyn, N.Y.

Topshop is still easily accessible to shop at online with affordable apparel and accessories catering to women of all sizes, from petite to tall, including maternity wear. High fashion designers like Peter Jensen and Christopher Kane have launched clothing lines via Topshop for ankle boots and dresses, respectively.

Moss has been applauded for her casual, effortless style for years and her current collection reflects

just that. Some pieces such as the rose printed blouse and one-shoulder Hawaiian dress bring to mind a geisha-inspired touch.

Others, like the Victorian jacket, satin pencil skirt and embroidered one Comme des Garçons shoulder dress, are perfect to wear during the upcoming holiday season, with just the right cut and sparkle to draw the most attention toward you.

Several of the pieces are limited edition, so they won't be in stock nearly as long as others. I love this collection because there is something for everyone; from boho to fashionista, and all at relatively low prices.

Top that.

Strawberry Fields Forever

Could there possibly be a better power collaboration in the clothing world than that of designer Rei Kawakubo of Comme des Garçons and The Beatles?

When you have department stores and boutiques worldwide fighting over carrying this collection, I would say that they're in a league of their own. A league ready to bear fruit and in this case, Rei is choosing The Beatles signature apple over the strawberries.

Launching on Nov. 20, in Tokyo,

the line is set to feature 10 handbags, five T-shirts and four regular shirts.

Apples will adorn the handbags alongside Rei's signature huge polka dots, as per the agreement Comme des Garçons holds with Apple Corps, which will grant Rei access to Beatles imagery and photos.

The other part of the agreement stands by Sir Paul McCartney's vegetarian stance of using no leather in creating the collection. The handbags will be made with PVC materials and detailed with metal grommets and embossing. The most expensive bag in the collection hits a cool \$860.

On Nov. 27, the collection will make its way to London, and there are plans for a more commercial rollout in 2010, with new styles added. Early estimates state that the collection will ring up \$5 million in its first year.

Perhaps by the time the collaboration hits the United States, the handbags will be slightly more affordable while remaining professionally sewn and beautiful.

There would certainly be nothing better to carry in the pouring rain, the blue suburban skies or anywhere related to Penny Lane, after all.

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the Echo

2009-2010

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Making a difference in difficult times

CLU's Adopt-a-Family program offers students a chance to help families this holiday

Echo
Staff Report

In celebration of 50 years of CLU, the annual Adopt-a-Family program is aiming for 50 sponsorships for this holiday season.

The Adopt-a-Family program is a way for both the student body and the faculty at California Lutheran University to get involved and reach out to those in need this winter.

The Community Service Center has partnered with three local agencies.

Casa Pacifica is an agency that works with abused and neglected children. Lutheran Social Services (LSS) works with families through its ministry, and Padres Contra El Cancer (Parents Against Cancer) works with Latino children and their families.

This is the third consecutive year

that the CSC has sponsored this program.

"I've done adopt-a-family before and it's really a good way to help out," said Britany Mowry, first-year student in the teacher credential program. "You feel like you've helped someone put the joy back into the season."

Bobby Sanders
Community
Service Center
Intern

The CSC team likes to plan programs they know others enjoy participating in.

"We have found that a lot of clubs and faculty offices really like this event; it always gets a lot of support," said Stine Odegard, coordi-

nator for the Community Service Center.

There will be 30 individual kids and 20 families from the Los Angeles and Ventura counties.

According to the CSC Web site, sponsorships range from \$75 for one child to \$300 for a family of four to eight people.

If students can't afford sponsoring on their own, the CSC team is encouraging them to team up with friends or get their club involved.

The CSC will also split an assignment between sponsors so that the financial commitment isn't as high.

Many students are very optimistic about helping out this holiday season, but for other students, the amount of money to sponsor a child or family is not within their budget, especially with the collapse of the economy.

"We are trying to be really sensi-

tive to the fact that we know money is tight this year," Odegard said.

"We tried to list an approximate number amount to each level so that people are aware of the commitment."

There will be a Pick-up Party on Thursday, Nov. 19, at 4 p.m. where students can pick up the wish lists.

The CSC is instructing sponsors to purchase one thing the family or child really wants first and then purchase what the families really need after that such as socks, clothing and grocery store gift cards.

If sponsoring a family, students can consider giving a gift that all family members can share and enjoy together: a board game, gift certificates to see a movie, a gift certificate to a restaurant or a family-friendly DVD.

After the gifts are purchased, the CSC asks that sponsors wrap the

presents and then bring them to the SUB between Dec. 7 - 11.

The CSC team will then deliver the gifts to the families and children.

Students and faculty can sign up online to sponsor a family or child this holiday season. Sign ups will continue through Nov. 13.

"A lot of these families are living around us and we don't even know it," said Bobby Sanders, community service center intern.

"These people are struggling to get by so if we're capable of helping them then we should help," Sanders noted.

As of presstime, 34 out of the 50 participants had already been adopted.



For more information
visit
www.clunet.edu/csc

HOW TO...

Plan an inexpensive date



Alexandra Butler

it's time to get creative. Instead of thinking romantic, think sincere, spontaneous and simple.

Sincerity:

Anything that comes from the heart will mean more to a significant other than something you can buy with money. The point of a date is to spend time together, and that doesn't always mean going out to eat and spending a lot of money.

Think of what you two enjoy doing as a couple. If it's exercising out, plan a hike; if it's watching movies, go to Blockbuster. If you think of your interests, you can plan a really fun day together. CLU even has Club LU events that are free. If your boyfriend enjoys watching football, you should clear your Sunday and enjoy a game with him.

When something seems honest and nice, your date will be very impressed. If your lover is a sports player, plan an evening picnic on the field. It will be creative, romantic, cheap and sincere.

Spontaneity:

Surprise your significant other. Leave notes, cards and flowers on random days. When you get rid of the awkward small talk in a relationship, and can let the person know you appreciate them, expensive dates are not important. Stop by for a random kiss or wear your favorite, sexy pajamas to bed; this will keep your significant other wondering what you will do next.

Last time I checked, laughs, smiles and fun were free. Everyone loves music; make a CD with

all your favorite love songs and invite your mate over for dessert in bed while listening to your creation.

Notes are also a great way to let your love interest know you are thinking of him or her. Leave one in his or her wallet or notebook when he or she is not looking. This will make your significant other smile and appreciate you.

Simplicity:

Why get complicated? Keep things focused on your time together. Everyone is under stress, broke and ready for Thanksgiving break. The less you stress about the details of the date or spending a lot of money, the more you will enjoy yourself.

Restaurants, such as Toppers Pizza and Chili's, offer a fun atmosphere for a cheap price.

Make every date special; even going out for dessert and taking the time to talk can be meaningful.

Ben & Jerry's and The Coffee Bean & Tea Leaf in Westlake Village are nice settings to sit and chat.

Embrace being poor. It is easy to envy people who can go to expensive movie theaters or drive expensive cars. However, there is an innocence that surrounds being on a budget. It makes little gestures special and keeps things exciting.

Save steak dinners for the adults. Go to happy hours at restaurants and enjoy popcorn while watching TV. You'll be way more relaxed and have more fun.

It's the simple acts that people never forget. Even if you can only afford McDonald's, you can have fun with it. Bring the food home and set candles on the table and dress up. Or drive to Wildwood Park and eat while watching the sunset.

Each couple is different, just get creative, you only live once.

ADOPT A FAMILY OR A CHILD



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NOVEMBER 2-13 AT
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OPINION

Butterflies or flames?



Linsey Mead

What's the first word that comes to mind when someone tells you they have a tattoo on their lower back?

Tramp stamp.

Let's face it, certain tattoos give off certain messages.

With tattoos come stereotypes; it's inevitable.

I mean, nothing says classy like flowers above the crack.

Where you decide to get your tattoo can influence the kind of attention you're going to attract.

However, there is more to tattoos than tramp stamps and arm bands.

According to vanishingtattoo.com, 90 percent of people who get tattoos have a reason for doing so.

Those who get inked, for the right reasons feel it is a form of art and expression.

Tattoos have definitely become more common in today's society.

I probably see at least one person every day that has some sort of tattoo.

According to tattoofinder.com, 36 percent of all 18-25 year olds have at least one tattoo and more than 45 million Americans have tattoos.

That's crazy.

It's almost a right of passage among today's youth to get a tattoo when they turn 18.

There are many designs popular among women, such as hearts, stars, flowers and butterflies. As for men, animals, tribal patterns and flames seem to be the most popular.

Despite all of the clichés and stereotypes that couple with tattoos, it's not just the young adults that are painting their bodies.

Families and friends are getting matching marks now, too.

Personally I think it's great and I would participate if members of my family wanted to get branded.

A common group tattoo is a ribbon, for example the pink ribbon promoting breast cancer awareness. I believe it can bring family and friends together during a time of hardship.

But everyone has their own opinions about tattoos, I would totally consider getting one.

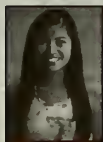
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www.vanishingtattoo.com/tattoo_facts.htm

www.tattoos-101.tattoofinder.com/tattoo-statistics

www.associatedcontent.com/article/31965/tattoo_statistics.html

What is the beef at Cal Poly?



Caitlin Coomber

What's the beef? It's all talk at Cal Poly.

Last month, Michael Pollan caused a controversy after being slated as a solo guest speaker at Cal Poly San Luis Obispo and then was unceremoniously lumped into a panel discussion instead.

Pollan is an outspoken advocate of sustainable agriculture, professor at UC Berkeley and author of best-seller "The Omnivore's Dilemma."

His book argues that the U.S. agribusiness industry conducts polluting, inhumane practices that are unsustainable.

Beef industry executives threw a fit when they learned of the lecture scheduled by the College of Agriculture.

The Cal Poly president received an angry letter from the chairman of the Harris Ranch Beef Co., David Wood, that stated:

"While I understand the need to expose students to alternative

It's horrible. They are using their power to manipulate and favor their interests.

Bianca Santos
Sophomore

views, I find it unacceptable that the university would provide Michael Pollan an unchallenged forum to promote his stand against conventional agricultural practices."

Additionally, Wood noted that he, as well as Harris Ranch owner John Harris, would be reconsidering their "continued financial support of the university" including donations totaling \$500,000, pledged to the university's meat-processing center.

Harris Ranch Beef Company, located in the Central Valley, is the 15th largest beef processor in the country.

Most likely due to the turbulent economic downswing, onslaught of a recession and dwindling state funding toward higher education, Cal Poly officials caved to the donors' pressures.

Pollan was instead asked to take part in a panel discussion with an organic farmer and a "meat-science expert" well-liked by cattlemen's groups.

In an interview with The Tribune, a San Luis Obispo County-based newspaper, Pollan said, "I see influence here being applied by a donor trying to bully an institution, and the question is whether they will succeed."

It's a shame that the university muffled Pollan's anti-agribusiness message to appease their cattlemen benefactors.

Since when do universities provide a counterinterview for guest lecturers?

Last I heard, never. The practice is, well, rude.

Cal Poly San Luis Obispo has the fourth largest undergraduate agriculture program in the nation.

It should be up to them to educate the next generation of agriculturalists on the latest opinions and discoveries of sustainable farming practices.

It's mind-boggling to think that large corporations and industries can have such a direct influence on our education system.

"It's horrible. They are using their power to manipulate and favor their interests," sophomore Bianca Santos said, when asked about the situation.

Arguably, these private parties are under no obligation to fund

the institution.

"The donors were passionate about something they didn't like," sophomore Toccoa Kahovec said. "[Pollan] still got to voice



Photo courtesy of stockxchang.com

his opinion. The change to a discussion left it open to more than one point of view."

However, his essential message was lost during the panel.

It comes down to the fact that

the agribusiness industry and its corporations should not be able, to dictate the curriculum or dilute their opposition.

This left me considering what might happen if big business donors to the CLU Annual Fund were able to influence and even forbid certain opinions from being spoken.

What if they didn't like CLU being a Lutheran campus anymore?

Would the donors want chapel banned? Or have pastors take part in a "panel discussion" with other churches?

Or what if a substantial contributor suddenly decided that we should be taught global warming is not real?

Would it be acceptable to succumb to this demand if the donor still supplied us with an enormous amount of money?

No. I didn't think so either.

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The harsh reality of marijuana



Anna Meyer

The pungent sweet and sour smell, the bloodshot eyes and the ridiculous comments.

The combination of the three were a clear sign that the CLU students sitting behind me at the improv show were high on something more than just life.

I guess you can say it is naive of me, but I never thought that I would go to class or school sponsored events with people who were stoned.

For one, I find it embarrassing for the person who is high, and I really don't understand paying \$36,000 a year in tuition to go to class stoned.

When you are stoned, your ability to comprehend is hampered.

Marijuana is known to affect your ability to problem solve and

think clearly.

According to the National Institute on Drug Abuse (NIDA), this "impact on learning and memory can last for days or weeks after the acute effects of the drug wear off."

Why bother going to class if you are going to be impaired?

It makes more sense to me to

It is the abuse of this drug that has prevented the federal legalization of medical marijuana.

spend the time doing something fun, if you aren't actually getting everything out of the class.

Not only does marijuana affect your brain long after the "high" dissipates, but according to the Office of National Drug Control Policy, the presence of the substance can be found in your hair for up to 90 days after the use of the drug.

This creates a greater possibility of testing positive for drug use in

a school or employment situation.

Marijuana does have a positive and highly accepted side.

Many people turn to medical marijuana to deal with terminal or serious illnesses.

According to the Drug Policy Alliance Network, it has been proven that marijuana has the ability to help patients with "nausea, appetite loss, pain and anxiety."

I do believe medical marijuana has a place in society and believe that if there is a way to help medical patients live a more comfortable life, it should be used.

Yet as a society, we have limited the acceptance of marijuana as a useful medical substance.

It is the abuse of this drug that has prevented the federal legalization of medical marijuana.

The drug abuse of many is preventing those people who can benefit from marijuana to do so in a legal manner.

People have the right to do as they please, and if your choice is to smoke pot, that is your choice.

Some of my closest friends and family members smoke marijuana. But it is important to realize the effect that smoking pot has on the others around you.

My aunt and uncle were so stoned when they were raising their children that my cousin was not only born with a cleft lip and palate, but was named Redwood Pinecone.

Their choices will stick with him forever. Just as if a student goes to class or to an event stoned, they are not simply affecting their own experience but the experience of those around them.

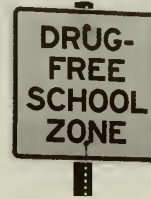


Photo courtesy of stockxchange.com

'Lets talk about sex'



Robert Amey

Salt-n-Pepa said it best with their 90's hit "Let's Talk about Sex." So let's open the door for a discussion.

Yes, I said talk about sex. I understand we are on a Lutheran campus; however, we would be foolish to believe there is no fornicating on campus.

Our campus is a bit more reserved than others, but behind closed doors things are totally different.

We are all adults here so let's stop cringing and blushing when the topic is brought up.

It's no secret that sex sells, and it's safe to say that our generation is bombarded with it; we learned it, we loved it, we ran with it.

It's no wonder why we are in a decade where HIV/AIDS is rising.

So why is it so easy for many to partake in sex? Better yet, maybe the question is when did it become okay to not discuss sex before partaking in it?

Maybe someone can explain why H1N1, aka swine flu, is more of a concern over contracting HIV/AIDS? Especially when the number of deaths from HIV/AIDS without a doubt surpasses H1N1.

The virus that destroys white blood cells is a humane problem and indeed a minority problem.

Minorities account for over half of HIV/AIDS cases in the United States but make up less than 30 percent of the population according to the Centers for Disease Control.

Wake up people and know your status. Stop denying the fact that everyone is at risk.

Apparently there is no appropriate time to ask "When's the last time you've been tested?" I totally disagree. No one would get a puppy without knowing if it had its shots or not.

Students can get tested here on campus at Health Services for a small fee.

However, being a struggling college student myself, I understand money is tight. There are also multiple clinics that offer free testing right here in Ventura County.

Let's be frank. We're college students; we want to have fun, lots of fun. However, that doesn't justify poor practices and unethical decisions.

As much as I would love for everyone to be an activist, many will not.

However, we can all make a difference by simply educating ourselves, knowing our status and asking the questions that matter.

Let's start having healthy conversations about S-E-X. www.cdc.gov/hiv/

Cyberbullying coined as not so innocent



McKenzie Becker

Have you ever said something to someone over a text that you would never say to them in person?

With today's technology, it is so easy to avoid face-to-face confrontation with our peers.

When we have a problem with someone, but don't have the nerve to say something to them in person, we have options.

The problem with this is that people are far more likely to "say" something to someone over a text or message online, than they are to say it to them in person.

Before technology allowed us to do this, we would have had to walk up to the person and talk to them.

anything but harmless.

Written words hurt just as badly as spoken words.

No one can remember every unkind word or comment someone has said to, or about, us. Memories fade over time.

But when you send a message or a text, it will remain in that person's inbox until they choose to delete it.

If the comment is posted about a person online, and he or she happens to see it, that is just as serious.

The person being talked about has no control over the situation. All he or she can do is watch his or her Facebook newsfeed as the cruel conversation continues.

As innocent as it may seem,

sending nasty messages over the Internet or through a mobile device has led to multiple cases of teens who have become extremely depressed because of the hurtful comments and ultimately committed suicide.

Although the suicides have not been purely because of the cruel behaviors by the teens' peers, researchers have found that it played a huge role in the teens' decision to commit suicide.

"Cyberbullying," as it has been termed, is the sending or

posting of harmful or cruel texts and messages through e-mail, text message, instant message, chat rooms, interactive game sites or any other kind of social

networking site.

However, this problem does not just exist among teens.

If it is involving someone over the age of 18, it is known as "cyber harassment."

College students are just as likely to cruelly bring down their peers, as we are still new to the adult world.

Cyberbullying and cyber harassment are both serious issues that have been taken too lightly by our generation.

Although a single text message or Facebook comment or message may seem harmless, to the person on the receiving end, it may just be the last straw that breaks the camel's back, so to speak.

So the next time you think about sending a nasty text to someone, go knock on their door and talk to them face-to-face instead.



Photo courtesy of stockxchange.com

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Please limit responses to
250-300 words.

Letters to the editor must include your name, year/position and major/department.

Cyberbullying and cyber harassment are both serious issues that have been taken too lightly by our generation.

Now this seems completely absurd to our generation.

It is so much less awkward and stressful to just send a simple text, e-mail or Facebook message to a person rather than have to face them and open up an opportunity for awkwardness.

Since technology makes it so simple, why bother with anything else?

Although these forms of communication may seem harmless, they are, in reality,

SPORTS

Three new divers add depth to CLU swim team

Trio challenges themselves in a new endeavor

Sara Grimes
Staff Writer

The men and women's swimming and diving teams began their 2009-10 campaigns on Saturday, Oct. 24, at the Malibu Invitational hosted by Pepperdine University.

CLU is excited to have three divers this year, all of whom are new to the sport. Senior Matt Lee, sophomore Carissa Shuff and freshman Maisie Johnson make up the diving team.

Lee, from Encino, Calif., has no previous experience with competitive diving. In high school, Lee played three years of varsity volleyball and soccer.

He got into diving this year because his roommate, sophomore freestyle Spencer Votipka, is on the swim team and informed Lee of the team needing a diver.

After finding out that coach Arsen Javadian was "amazing and would be able to teach quickly," Lee was in.

"It's very exciting to be the

school's only male diver," Lee said.

Diving for the first time in her life, Shuff whose family lives in Walnut Creek, Calif., has a background in gymnastics.

Having many friends on the swim team is what drew Shuff into diving.

"It is really fun being one of three divers. We all know each other and are becoming close. You get more one-on-one time with the coach for him to help you out," Shuff said.

"I know for me, since I have never dove before, it is nice to have a small team so he can help us all better."

Johnson from Arcadia, Calif., completes the trio. She was on her high school track team for four years, specializing in pole vault and high jump.

Johnson has six dives right now and is currently working on a reverse somersault and a back somersault.

"It is a bit lonely being one of three divers because I have to practice by myself during the week due to my class schedule. But at meets we get along well and support each other," she said.

Over the years, the Cal Lutheran dive team has been relatively small. But that has never stopped

them from competing strongly and accepting anyone willing to learn.

"Many times over the years at CLU the missing link or factor that would be the difference between second and first place was a lack of a dive team. The three of us want to be able to perform simple, clean dives to help out the team as a whole," Lee said.

Although the diving team is small, it is not necessarily a bad thing.

CLU is happy to have three divers this season and is continually trying to improve and get more divers, head swim coach Thomas Dodd said.

"Some days I practice by myself. Although I would love to be able to practice with my fellow divers it is nice to have that one on one time with the coach to help me out with what I need to do," Shuff said.

"It is not bad at all to have a small team. I do wish we could practice together more often though so we could all help each other out."

The swim and dive team competed at the Cal Poly San Luis Obispo Shootout over the weekend and Shuff took eighth place in the women's 1 meter dive.



Photo by Carly Schmidt - Staff Photographer

Diving In: Carissa Shuff placed eighth in the Cal Poly SLO Shootout.

Cal Lutheran holds weeklong rally to boost spirit

CLU pride events aim to boost buzz for the big game

Brandon Kennedy
Staff Writer

After beating La Verne on the road last Saturday, the CLU football team will be playing for the

SIAC championship this coming Saturday at home versus the University of Redlands.

California Lutheran University will be holding the first ever "Beat Redlands Week" to help support the football team and give them an extra push to get past Redlands.

Recently the school Senate has noticed a lack of school spirit at not just the sporting events but all

throughout campus.

A jam-packed week of events are planned to help promote school spirit as well as rally students to support the Kingsmen in this Saturday's football game.

Some of the events include a T-shirt exchange, a pep rally, capture the flag and updates on each of the fall sports teams, featuring a player from their respective team.

Red T-shirts are being requested by the Senate (in the Student Union Building) in exchange for a CLU student pride T-shirt, as red is Redland's color.

A pep rally will be held in the pavilion, gathering any and all students and faculty who wish to support CLU in football and school pride.

A battle of the classes was held in Kingsmen Park, pitting two classes against another two classes to see who has the most spirit and determination to support CLU in a game of capture the flag last night.

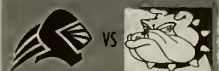
"We really want to focus on improving school spirit and raise awareness of the student body, not just for the football game, but for students to be proud of the university and support CLU," committee chair of the student pride committee Matt Kufeld said.

CLU will also be opening a new student section in the football stadium bleachers, being used for the first time in Saturday's game against Redlands. In addition, all of the shirts that the student senate collects will be donated.

"We hope to collect about 250 shirts," Kufeld said.

He also mentioned that the Senate wanted to find a good cause to work with so they could give something back to the community as well as raise awareness and student spirit.

On deck



Cal Lutheran
vs. Redlands
11t. Clef Stadium
Saturday 1 p.m.

Helping to plan the T-shirt exchange along with the other events planned for this week is freshman senator Laurny Andrews.

"We want to really strengthen student pride, and have everyone be proud to be a CLU student," Andrews said.

At the pep rally on Thursday, a representative of each fall sports team will be present to give an update on their season and what can be expected in the future.

Due to the nature of the game there is bound to be excitement and some natural pride to be taken in supporting the school in what may be the biggest game of the season.

With all of the events planned for this week, the student pride committee hopes that CLU pride will be higher than ever.

Similar events are being planned for the winter and spring sports as well, focusing on basketball and baseball.



Photo by Doug Barnett - Photo Editor

Better Dead Than Red: Student worker, sophomore Nancy Camarillo passes out CLU Pride t-shirts in the SUB.

Swim and dive teams open season with two contests

Greg Gelber
Staff Writer

A new season has begun for the Cal Lutheran men and women's swimming and diving team. Their first contest was the Malibu Invitational, hosted by Pepperdine University at the Raleigh Runnels Memorial Pool.

They also competed in the Cal Poly San Luis Obispo Shootout over the weekend.

The Malibu Invitational was an exhibition meet involving 11 programs, which included Biola University, La Verne, Loyola Marymount, Azusa Pacific, CLU, Cal Baptist, Concordia University, Cal Poly San Luis Obispo and Cal State Northridge.

Lindsay Nolan, a sophomore sprinter enjoyed the first invitational.

"The opening meet at Pepperdine went well; it was a good and fun meet to start off the season," Nolan said.

The Regals' swimming and diving team ended last year with an overall record of 3-4, finishing in

fifth place in SCIAC.

This year they expect better results.

"As a team, we just want to do well and place in the top three in SCIAC, which I have a good feeling we will. We also want to get a girls relay to nationals," Nolan said.

As for the men, they finished last season with a record of 1-6, which placed them sixth in SCIAC.

Jordan Liebhardt, a junior sprinter for the Kingsmen, finished in an impressive 17th place in the men's 50-yard backstroke in the invitational.

The Kingsmen are ready for the upcoming season.

"We've got some good and solid swimmers. We definitely lack the numbers it takes to be a winning swim team because of the meet point systems," sophomore free swimmer Grant East said.

Although they will not be able to meet the requirements for most point systems, the Kingsmen will continue to work hard to compete for a SCIAC championship. The Regals added more depth for this

season and are confident.

"The girls team is the strongest it's ever been. We have a lot of freshmen that have impressed the whole team," Nolan said.

The men and women both had meets this weekend at Cal Poly. Both the men and women will have the next week off to prepare for the Bulldog Diving Invitational at Redlands on Saturday, Nov. 21.

After the tournament at Redlands, both teams will open SCIAC play two weeks later against Occidental and La Verne, Dec. 4 and 5.

Both teams are coached by Tom Dodd, who is in his seventh year as the swim coach for Cal Lutheran.

Dodd has coached for over 30 years in various swim programs around the United States. The Kingsmen will look to coach Dodd for experience, being that they are so young.

They rely on mostly underclassmen, with only one senior on the squad of 16.

They have a total of four freshmen, eight sophomores, three juniors and one senior.

The Regals have more people on



Photo by Scott Chisholm - Sports Information

Top Five: Jake Kaaja finished fourth in the 1,000-yard freestyle at Cal Poly.

their total roster: seven freshmen, 10 sophomores, two juniors and four seniors.

The SCIAC championships will take place at Long Beach Olympic

Plaza, from Feb. 21 through 23, 2010. Coach Dodd and both the Kingsmen and Regal teams will look to make an impression this year in SCIAC play.

Regals don't win SCIAC, but make NCAA tournament

Regular season sweep
doesn't hold up in
SCIAC tournament

Andrew Parrone
Staff Writer

The long journey to Redlands and the SCIAC tournament proved to be tough on the Cal Lutheran volleyball team, as they lost in four sets to the University of La Verne.

The Regals entered the first-ever SCIAC tournament as the No. 2 seed, but couldn't stop the No. 3 Leopards and All-American Crista Jones, falling 25-27, 15-25, 25-21 and 30-28.

The Regals had defeated the defending SCIAC champs twice during the regular season but couldn't make it three in a row.

However, the Regals did enjoy a career day from Megan Thorpe. The junior outside hitter smashed a career-best 22 kills to help keep her team in contention. In the previous two meetings against La Verne, Thorpe had only hit at .028 percentage, but she raised her average to .234 this time around. She insisted that it was the help of her teammates that allowed her to have so much success.

"I had such a good day because of all the hard work my teammates were putting into the game and have put in all season," she said.

Head coach Kellie Roessel also complimented Thorpe.

"If we ever get in trouble we can just dish it out to the outside," Roessel said. "She does so much for our team, from serve receive, to defense, to swinging at the majority of the balls on offense. She's peaking at the right time, and I expected her to rise to the occasion."

The freshmen duo of Jackie Russell and Rachel Smith also played well. Russell had 48 set assists, while Smith connected on 15 kills. Smith's 322 total kills on the year move her into eighth place all-time for a single season.

The Regals never seemed comfortable in the early stages of sets, and La Verne built sizeable leads in

each.

"We weren't able to pass well, and we weren't able to side out very well," Roessel said. "I thought we started passing a little bit better in that third game. Our game depends on our serve receive. If we can pass well, we can beat anybody. If we can't and our ball control is iffy, we're in trouble against anybody."

Except for one set, the Regals were able to bounce back and make things competitive. They forced extra points in the first and fourth sets and even had set point in the first, but were unable to secure wins in either. The comebacks, however, did show off the resiliency of the Regals.

"These kids never feel like they're

out of it," Roessel said. "I don't care what the score is, they really feel like they have a chance to pull out of it as long as they do their jobs in serve receive."

Team trust and unity helped the Regals to rally time and again.

"We just never got a decent start to a game," Thorpe said. "But we were able to come back by believing in each other."

CLU was unable to stop Jones. The senior All-American saved her best match against the Regals for last, blasting 26 kills and blocking four shots. Her presence was the difference in the match.

"She had an amazing day," Thorpe said. "She played really well and we couldn't stop her."

Kingsmen basketball opens with division I foe

Rachael Hubbard
Staff Writer

The California Lutheran University Kingsmen basketball team is out to prove they are the team to beat this year.

"Our roster has much more experience at every position. We also have a deep roster which is a change from last season, so the teams we play will have to play us tough for the full 40 minutes," senior forward Andy Meier said.

The Kingsmen play their last exhibition game on Sunday, Nov. 15, against Marshall Legacy Institute: Team Afghanistan in the Gilbert Sports Arena at 4 p.m.

On Nov. 4, CLU played Division I California State University, Northridge, Matadors in their first exhibition game. CSUN defeated the Kingsmen 88-67.

Junior forward Aaron Fisher

scored 18 points, nine rebounds, three steals and one assist, recording a team high in just 20 minutes.

Sophomore forward Aaron Van Klaveren made 15 points and 10 rebounds in 26 minutes.

"The outcome of the game wasn't quite what we expected, but we were very competitive and took a lot from it as far as what we need to work on. We found out what we have to do to become a championship caliber team," sophomore guard Xavier Walton said.

The team begins their regular season Friday, Nov. 20, at Chapman University.

"We have been working hard everyday, but after a while we are just ready to play the games," Meier said.

Last year, the men's team lost to Whittier twice in conference



Photo by Nick Gilliam - Staff Photographer

Run and Gun: Freshman Scott Moll (right) drives to the hoop.

play. A win over Whittier would have secured a tie for the Kingsmen with Claremont-Mudd-Scripps for the SCIAC title.

This season?

"We are looking to get even with Whittier," Fisher said.

This year's team has five fresh-

men, three sophomores, two juniors and three seniors.

"We have all worked hard this off season to get better, and it is showing in practice. We have got three senior leaders (Kyle Knudsen, Cameron Mitchell and Meier) so their experience will be huge for us," said Fisher.

Senior guard Kyle Knudsen was selected to the all-SCIAC first team for 2008-2009. On Feb. 27, 2009, he scored his career-high of 29 against the Stags.

Last year, Knudsen led the conference in steals and minutes played as well as ranking in the Top 10 in scoring, free-throw

percentage, three pointers made, three point field goal percentages, assists and field goal percentages.

Senior guard Mitchell appeared in 19 games while scoring 48 points. He netted a career-high of eight points twice. On Dec. 11, 2008, he grabbed a personal best of five rebounds against La Sierra.

Meier was injured last year after playing and starting in 20 games.

In the 2008-2009 season, Meier was ranked in the SCIAC Top 10 in rebounding, minutes played, field goal percentage and free throw percentage. He was selected for second team all-SCIAC and led the SCIAC with an average of 16.3 points per game.

"This year our goal is to win SCIAC, but our other goal is to make the NCAA Tournament and go far because we have the team to do it," Meier said.

Kingsmen to vie for outright SCIAC championship

Allie Mansfield
Staff Writer

As the Kingsmen football team of California Lutheran University prepared for their fifth SCIAC game of the season against the University of La Verne Leopards, both the team and traveling fans were excited to return to school with another win and be one step closer to the SCIAC championship.

As the game kicked off, La Verne had their first and only score of the game when they capped off a 10-play, 61-yard drive followed by a 34-yard field goal, bringing the score to 3-0 with the Kingsmen trailing.

The Leopards' lead was short-lived, when junior defensive back Derek Wilson, returned the kick-off for an 89-yard touchdown giving the Kingsmen the lead of 7-3.

"We started off slow in that first series, but we stepped it up and did what we needed and came together as a defense," senior defensive lineman Sawyer Merrill said.

As the Kingsmen defense persistently pressured the Leopards quarterback, the offense continued their reign in La Verne's end zone.

Following a 34-yard field goal by senior kicker Jackson Damron the Kingsmen brought the score to a 17-3 lead within the first five minutes in the second half.

"I am real happy with our performance today. We came out flat in the first half but changed to play as the championship team that we



Photo by Scott Chisholm - Sports Information

Hard to Bring Down: Senior Antoine Adams (center) rushed for a career high three touchdowns at La Verne.

are. It was a collective effort as a team. We are going to enjoy the night and come back tomorrow and have a great week of practice," coach Ben McEnroe said.

While the Kingsmen continued down the field and with just 24 seconds left in the half, senior running back Antoine Adams carried the ball into the end zone increasing the score to 24-3 at the half.

Although the score continued to rise, the Kingsmen were not exempt from a few minor setbacks.

In the first half, senior running back Brian Stuart came off the field slightly dazed; and was checked for a concussion. It was later determined that he would not be returning to the game as a precaution.

All seems to be fine and Stuart is expected to return to the field this

Saturday.

Along with Stuart, senior offensive lineman Chris Doukakakis was assisted off the field with a broken arm and it is not determined if he will be returning at the same time as Stuart.

Both players are essential to the Kingsmen offense, and all are hoping they make a quick recovery.

At the start of the third quarter, Adams went for his second touch-

down of the game, sailing into the end zone untouched to add to the Kingsmen score bringing it to a 31-3 lead.

Following Adams' touchdown, sophomore running back Bobby Rodrigues entered the Leopards' end zone giving the Kingsmen a 37-3 lead.

Sophomore linebacker Michael Azhocar made an interception in La Verne territory with a 19-yard return, which led to the final touchdown of the game. A six-yard scoring rush by Adams concluded his third touchdown of the game, bringing the score to a 45-3 victory over the Leopards.

The Kingsmen victory over the Leopards clinched the team a part of the SCIAC Championship and gave them their fifth victory in the SCIAC conference.

Following the win over La Verne, the Kingsmen will play their final game of the season at their home stadium at 1 p.m., as they face off against their rivals, the Bulldogs of the University of Redlands.

With a victory on Saturday the Kingsmen will win their first outright SCIAC conference championship since joining the conference in 1991, guaranteeing the Kingsmen a spot in the Division III national playoffs.

"To end the season with a win over Redlands and be undefeated in SCIAC would be great," junior offensive lineman Marc Valdez said. "...As a team we just need to be focused and work together to secure that victory."

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November 18, 2009

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the Echo

2009 SCIAC Champions

CLU defeats

Redlands to earn first conference title

Allie Mansfield
Staff Writer

When the Kingsmen (8-1, 6-0) faced off against longtime rivals the University of Redlands Bulldogs (7-2, 4-2), they had to come from behind for the second week in a row after allowing an early Bulldog touchdown.

The Kingsmen came back with a 68-yard drive that was capped off by a 31-yard touchdown strike from senior quarterback Jericho Toilolo to freshman wide receiver Eric Rogers, and Cal Lutheran would never fall behind again en route to a 30-21 victory.

Photo Courtesy
of Pete Brown



As the game progressed, the Kingsmen changed courses from their usual running game due to Redlands' rush defense that held the Kingsmen to 90 yards on the ground.

[See FOOTBALL, Page 12]



Cal Lutheran 30
Redlands 21

The Road to the SCIAC Title

The Kingsmen went undefeated (6-0) in SCIAC play to clinch their first conference championship in school history.

Oct. 3 vs. Whittier W 45-14
Oct. 10 at Pomona-Pitzer W 48-14
Oct. 17 vs. Claremont-Mudd-Scripps W 21-14
Oct. 31 at Occidental W 24-14
Nov. 7 at La Verne W 45-3
Nov. 14 vs. Redlands W 30-21

The Kingsmen will head to McMinnville, Ore., to face Linfield College in the first round of the NCAA Division III Tournament on Saturday, Nov. 21, at Noon.



Proposed health care bill passes House

Provision would allow students to remain on parents' insurance longer

The provision seems to please many students who would be affected by it.

"I think that the clause seems OK and that most would probably take advantage of it," junior Gina Marinello-Sweeney said.

Graduates who have already been off their parents' health insurance are even more excited about the possibility of the provision passes.

"I pay over \$100 a month for health insurance, so I could save a lot of money if the provision made it through," graduate student Kristina Rodriguez said.

In addition to saving money, some students feel that it is a great aid during the transitional period after college.

"With college graduates already paying for loans and rent, it would be beneficial to catch a break for health insurance," Rodriguez said.

While the provision to extend health care under parents' insurance appears to be liked by most students, other parts of the health bill are not.

"There is definitely a need for [See HEALTH CARE, Page 2]

Students skipping class more often

Alyssa Harris
Staff Writer

The No. 1 predictor of academic success for freshmen continues to be regular class attendance, said David McMillen, a researcher at Michigan State University's Social Science Research Center.

This semester, California Lutheran University seems to be experiencing a bout of absenteeism, if the increase in empty seats students and professors are seeing in classrooms are any indicator.

The faculty and staff have come up with several reasons for why they think students are not attending as many classes.

One explanation is the swine flu epidemic.

"I haven't seen any attendance records data providing evidence that there has been lower attendance, but I wouldn't be surprised if that's the case given the 150 cases of the H1N1 virus at CLU," said Leanne Neilson, provost and vice president for Academic Affairs.



Photo by Laura Dale - Staff Photographer

Class Half Full: Cutting class may be a trend developing with CLU students. Already small classes are getting even smaller.

The lack of attendance has worried the faculty at CLU because they fear that the students' grades will suffer from their lack of participation and not being involved

in classroom discussions.

Many students are involved in more than just their classes, they might be a member of a sport's [See ATTENDANCE, Page 3]

NEWS

High unemployment rates worrying graduating students

Lynn Clahasse
Staff Writer

Unemployment is still on the rise as the national unemployment reaches 10.2 percent, according to a Los Angeles Times article published on Nov. 6.

Those who are likely to be hit hard by yet another significant drop in the job market are not just seniors graduating this December or May, but all students.

"This is creating such an overwhelming stress for everyone," senior Jenna Tennesen said. "Students, even with degrees, are finding themselves stuck in jobless situations."

So having a bachelor's degree straight out of college may not

be that promising, but then again what is?

Students are pursuing careers in fields that have suddenly started to become scarce in jobs.

"This is the worst the economy has ever been in decades. My advice to graduating students is to seriously consider graduate school," said Bill Watkins, senior economic forecaster at CLU's Center for Economic Research

and Forecasting (CERF).

And for many, the decision to go to graduate school has suddenly become a huge priority.

Students are weighing their options, realizing that with the economy being in its current state, anything is something.

"Students need to be creative in a time like this. It's important to keep all your options open, and to realize that there are so many different types of jobs out there; applying for everything is crucial," said Kirk Lesh, senior economic forecaster at CERF.

It should be fairly obvious by now that careers in most fields are not doing too well, so where are the jobs?

"Well, every sector has been hit

pretty hard in general, but if you ask me, students should be earning a degree in, well, bankruptcy law," Watkins said jokingly.

Words to the wise, everyone should change their majors focusing on earning a degree in bankruptcy law.

But, bankruptcy law may not be for everyone so in that case sticking with one's current major is probably a smart choice.

The medical field is proving to be on the rise, so students who are finding themselves interested in becoming a nurse or a medical technician could be on the right path.

Although those that are not interested in bankruptcy law, or the medical field are looking at ways toward out-smarting the declining economy.

Senior Robbie Loutsios is taking a different approach at countering unemployment.

"I am actually going to be moving back east," he said. "There I am going to be a substitute teacher for a year, and then I plan on coming back to California for

graduate school."

Getting an early start on internships and creating a resume is another way students can prepare themselves in the tough employment market.

Just because the job market is not booming, does not mean that students should slack off.

"I cannot stress enough how valuable it is to create a resume early, and to send it out everywhere," Lesh said. "Students should learn to be proactive, especially in a time like this where opportunities are going to be slim."

It is all about getting that foot in the door, and with the economy not looking like it is going to make a drastic change anytime soon, students should be ready to do anything they can to get that job.

"It's unfortunate that all our lives we were told to go to college and get good grades, and if you worked hard, finding a job would be no problem," senior Scott Brown said.

"Turns out for most of us that wasn't the case,"

School of Education receives state and national re-accreditation

Vanessa Lara
Staff Writer

CLU's School of Education has been reaccredited by both The National Council of Accreditation of Teachers and Education (NCATE) and the California Commission on Teacher Credentialing (CCTC).

California Lutheran University's School of Education offers credential programs and graduate programs to aspiring teachers, administrators and counselors.

Since the founding of CLU 50 years ago, it has prepared over 12,000 educators.

The CCTC ensures integrity and high quality in the preparation, conduct and professional growth of the educators who serve California's public schools, according to its Web site.

"State accreditation is required for credential programs. Nation-

al accreditation is not required, but is voluntary," said Carol Bartell, dean of the School of Education. "However, it demonstrates that we meet the high standards that are accepted in other states as well."

NCATE is the profession's mechanism to help establish high quality teacher preparation.

The NCATE is a performance-based system of accreditation that fosters competent classroom teachers and other educators who work to improve the education of all P-12 students, according to the NCATE Web site.

CLU is among the six private universities in California receiving national accreditation.

The School of Education comes up for re-accreditation every seven years.

"If a student wants to work outside of California, national accreditation can be quite helpful. Our educators can go out of state

and be recognized for having met our high state and national standards," Bartell said.

Eighteen evaluators observed CLU last spring and conducted more than 600 interviews among faculty, administrators, graduates, candidates, classroom teachers, employers and school partners and examined hundreds of documents.

National and state reviewers confirmed that all standards were met and distinguished the high quality and accomplishments of the faculty.

They also noted the extensive use of technology, the personal attention and close collaborations with school partners.

"California Lutheran University has always been known for the high quality educators produce," President Chris Kimball said. "The external confirmation by out accrediting bodies and our peers is very gratifying."

Need for reform recognized, but some students want smaller steps

[HEALTH CARE, from Page 1] health care reform, but it should be taken in small steps," Marinello-Sweeney said.

Some students are wary of the new health care plan as other countries with similar plans have noticeable issues.

"We only have to look at Canada and Britain to see how a government-run system leads to long waits and rationing of care," said Marinello-Sweeney.

Marinello-Sweeney is not the only person who is concerned about the health bill.

The House passed its version of

the bill, Affordable Health Care for America Act, earlier this month in a close vote of 220 to 215.

For the bill to pass Senate, a total of 60 votes is needed.

Assuming that all 58 Democrats vote yes, the bill still would need to pick up two additional votes.

Hannah does not predict the bill will pass the Senate because the Senate version includes a public option provision.

The public option provision gives uninsured Americans the option to purchase insurance coverage through the government.

"One of the independents in the Senate has already said he would

join the Republicans if a public option existed, and that would severely hurt the chances of the bill passing," Hannah said.

The Senate

Gina Marinello-Sweeney scheduled a date yet for when they will

debate over the health care bill.

There is definitely a need for health care reform, but it should be taken in small steps."

CLU junior



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Suspect in custody after Halloween stabbing of a CLU MBA student

Hanna Halldorsdottir
Staff Writer

A Moorpark man has been arrested in connection with the stabbing of a California Lutheran University MBA student at an Agoura Hills nightclub on Halloween night.

According to a press release from the Los Angeles Sheriff's Department, the victim, a 35-year-old Calabasas resident, was stabbed multiple times at the Chapter 8 nightclub on Halloween night, at approximately 1:05 a.m.

The attacker, dressed as a doctor, fled the scene in a silver four-door car, according to The Acorn.

On Nov. 4, at 1:15 p.m., 22-year-old Jaiyro Reyes, from Moorpark, was arrested in connection with the stabbing.

Witnesses and evidence lead detectives to Reyes, and additional evidence, linking him to the crime, was found at his Moorpark home.

"The victim reportedly had no prior contact with the suspect and the motive is unknown," a press release said.

Sgt. Eric Lasko, with the Sheriff's Department's Lost Hills station, where Reyes was booked, said that the suspect is being charged with attempted murder, and is held at the North County Correctional Facilities, a maximum security

complex, on a bail of \$1 million.

Reyes had a scheduled court date Tuesday at Van Nuys Municipal Court.

According to Sgt. Lasko the victim is doing well.

"He is close to full recovery," Lasko said.

The Acorn newspaper reported the victim had been stabbed nine times, and had been wounded in his torso and upper chest.

The victim was at Chapter 8 with a group of friends on Halloween night.

One friend who was with the victim that night did not see the attack happen, but was one of the first ones to notice what had happened.

"We called 911 and the ambulance came and picked him up," the friend said. "We went to the hospital the day after. He stayed in the hospital for a week."

According to the friend, the victim has undergone surgery for his injuries.

"Management has been in contact with and has reached out to the victim," said Jessica Brandes, club promoter for Chapter 8.

Chapter 8, a steakhouse and dance lounge, is less than 15 miles from campus, and is frequently visited by CLU students, however that night was not a CLU event.

"The Halloween Party at Chapter 8 was not sponsored by any

group or team affiliated with CLU," Brandes said.

Chapter 8's general manager, Jason Burrows, was interviewed by The Acorn regarding the incident.

He said that the club's usual dress code helps "spot undesirables," but since it was Halloween, the dress code could not be upheld.

"On a typical club night, Chapter 8 enforces a strict dress code, which includes no hats, bandanas, excessively baggy clothes, plain white T-shirts, or sandals," Brandes said.

Burrows also told The Acorn that the previously successful night, quickly turned into a "very disappointing evening" after the stabbing.

Chapter 8 is taking many precautions to ensure that this type of event does not happen again.

"This incident was a random act of violence that is very unusual for a club in Agoura Hills. Chapter 8 will continue to enforce a strict dress code," Brandes said.

"Security will be patting down attendees and checking purses to prevent anything that could potentially be used as a weapon from entering the club."

There is an ongoing investigation and those who have any information about the incident are encouraged to speak to Detective Cooley who can be contacted at (818) 878-1808.

Prospective students get a taste of CLU

Vanessa Lara
Staff Writer

Prospective California Lutheran University students and their families spent the day on Saturday, Nov. 14, getting a glimpse of what CLU has to offer.

High school seniors, college transfer students and their families attended Fall Into CLU, an event put on by the Admissions office to showcase CLU.

Grace Rios, a senior at Lynwood High School in Lynwood, Calif., first came to the campus while visiting her sister a year ago and now she is hoping to attend CLU next fall.

"I loved the campus, it's nice and small. It has everything a university needs. Having my sister here makes this school even better," Rios said.

Prospective students got the opportunity to tour the campus and visit residence halls, classrooms, dining locations, offices and athletic facilities.

"My favorite part of the day was walking around the campus and seeing the dorms," Rios said.

Current CLU students held a student question-and-answer panel.

Parents also had the chance to interact with present CLU parents in the parent question-and-answer panel.

Information sessions covered everything from the process of getting into CLU, how to finance a

private education and transfer student information.

Students got a look into the multicultural programs, career services, sport teams, and academic resources of CLU.

Grace Rios Senior at Lynwood H.S.

The involvement fair showcased the different clubs and organizations on campus.

"There were a lot of clubs present, which was a good presentation of the diversity CLU has to offer to the prospective students," said Yeraldy Torres, Latin American Student Organization president and student panel representative.

In March, the Admissions office will host the CLU's annual Admitted Student Day.

Students lacking motivation for class

(ATTENDANCE, from Page 1) team, a student government representative or in the performing arts department.

These extracurricular activities enhance a student's college experience, but can also take away from time spent inside class and the amount of time a student puts on assignments outside of the classroom.

The faculty at CLU has noticed that students have put more importance on their extracurricular activities than their classes.

"I am definitely not advocating that students should focus only on their majors," said Nukhet Sandal, Global Studies professor. "Yet attendance does matter. Professors should work on instilling such a loyalty to the classes; they should enforce attendance and should try to make the lessons as tolerable as possible."

The student perspective of class attendance is that they're paying for their education so why should they be forced to attend

the classes.

Students might feel that they can do their work outside of the classroom and that they will use their time more effectively if they aren't being forced to listen to another lecture.

"One of the reasons for why students are attending classes could be because of the economy," senior Zach Gallen said. "Students may be working more and taking as many available hours to work that they can, regardless of whether they have class or not."

Leaders learn about biotech industry

Jesse Knutson
Staff Writer

On Thursday, Nov. 12, California Lutheran University hosted its second Corporate Leaders Breakfast of the 2009-2010 series in Lundring Events Center.

The topic was Entrepreneurial Biotech, featuring Keith Leonard, former Amgen vice president and current president and CEO of Kythera Biopharmaceuticals.

Kythera Biopharmaceuticals is a privately owned company based in Calabasas that focuses on science and innovation in aesthetic medicine according to the firm's Web site.

An aging population who has an increased desire to minimize the effects of aging drives Kythera's development.

Over the years, the market for these types of non-surgical methods Kythera develops has expanded, as stated on Kythera's site.

"Public policy significantly affects the entrepreneurial biotechnology firm and its ability to innovate," Damian Hine and John Kaperleris said in their collaborated book "Innovation and Entrepreneurship in Biotechnology."

The biotechnology industry is affected by four external environmental factors.

The factors include socio-cultural elements in regard to ethics, political and legal ideas such as regulation, economic potential of the industry and the factor of

technology.

The Corporate Leaders Breakfast gives local business leaders the opportunity to network with their peers, gain fresh perspective on hot issues and hear informative and inspiring speakers.

According to Sharon Nelson, operations coordinator of University Relations, many of the comments made by business leaders were how they now understand how pharmaceuticals are brought to market.

The objective of the Corporate Leaders Breakfast is "to highlight companies, civic organizations and foundations in a professional, friendly and informative setting for business executives."

Three more presentations remain in the 2009-2010 series, and they are set to take place starting Jan. 21, 2010.

The next three topics cover the American auto industry, the military's economic impact and sustainability.

These presentations feature experts in their field, including James D. Power III, founder and former CEO of J.D. Power and Associates, Donald E. Petersen, former CEO and chairman of Ford Motor Co., Capt. James McHugh, USN Commanding Officer Naval Base Ventura County and Alex Chadwick, journalist and former NPR host.



For more information visit www.callutheran.edu/clb/



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CALENDAR

| | | |
|--|--|---|
| Wednesday November 18 <ul style="list-style-type: none">• Pericles, Prince of Tyre 8 p.m. Black Box Studio Theatre• The Need: George Steeves 10:10 p.m. SUB• Common Ground 9:11 p.m. Samuelson Chapel | Thursday November 19 <ul style="list-style-type: none">• Pericles, Prince of Tyre 8 p.m. Black Box Studio Theatre | Friday November 20 <ul style="list-style-type: none">• Bread For The World: Is It Possible To End World Hunger By 2019? Noon. The Pavilion• Adopt-a-Family 5 p.m. SUB |
| Saturday November 21 <ul style="list-style-type: none">• CLU Thanksgiving Triathlon 11 a.m. Mt. Clef Stadium• Pericles, Prince of Tyre 8 p.m. Black Box Studio Theatre | Sunday November 22 <ul style="list-style-type: none">• Pericles, Prince of Tyre 2 p.m. Black Box Studio Theatre• Lord of Life Worship 6:15 p.m. Samuelson Chapel• Sanctuary Baseball 7:15 p.m. Samuelson Chapel | Monday November 23 <ul style="list-style-type: none">• ASCLU-G Senate Meeting 5:20 p.m. Nygreen 1• ASCLU-G Programs Board Meeting 7:30 p.m. Nygreen 1 |
| Tuesday November 24 <ul style="list-style-type: none">• World AIDS Day Art Exhibit Kwan Fong Gallery | Next Week: November 25-December 2 <ul style="list-style-type: none">• The Need: Wellness Stress Relief• World AIDS Day 2009• World AIDS Day Recognition• Common Ground <p>Do you have an event to submit to <i>the Echo</i>? E-mail date, time, location and contact information to echo@callutheran.edu</p> | |



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FEATURES

Theatre arts revives forgotten Shakespeare play



Photo by Nick Gilliam - Staff Photographer

No Longer Forgotten: Theatre arts students perform "Pericles, Prince of Tyre."

Jarrod Marini
Staff Writer

When most people think of William Shakespeare, they either think of "Romeo and Juliet" or "Hamlet." However, Shakespeare also wrote many other plays during his time.

The California Lutheran Theatre Arts Department decided to take on the play "Pericles,

Prince of Tyre," because it is one of Shakespeare's least known and least performed plays in modern time.

Ironically, in the 17th century "Pericles, Prince of Tyre" was among one of the most popular Shakespeare works performed, when it was written.

"It's emotionally sweeping story is a wonderful challenge for a university theater program to

take on," said Michael Arndt, director and professor of theatre arts.

The play starts by the storyteller inviting the audience to listen and watch the story of Prince Pericles of Tyre as he sets forth on many adventures.

During his first adventure, Pericles, played by Jordan Stidham, accepts the challenge of the king of Antioch to read a riddle.

Success is to be rewarded with the hand of the king's beautiful daughter and failure is to be punished by death.

Pericles discovers the secret of the riddle, but the king commits incest with his daughter.

Pericles then refuses to marry the princess and instead returns to Tyre. Because he fears that the king of Antioch will kill him, he sets off to sea.

He arrives in Tarsus, amid a famine and he provides food to the people, which wins him the gratitude of Gov. Cleon and his wife, Dionyza, played by T.J. Alvarado and Amanda Wallace, respectively.

Pericles then becomes shipwrecked near Pentapolis and finds himself among some fishermen who discover his armor. The Prince dons the armor and enters the lists at Pentapolis, where he wins first place, and marries Thaisa, daughter of King Simonides, played by Kayla Bailey.

While sailing for home, Thaisa apparently dies in childbirth and is buried at sea. Pericles takes his daughter, Marina, played by Kelly Derouin, to Tarsus to be cared for by his old friends Cleon and Dionyza. Thaisa is washed ashore alive at Ephesus and believes Pericles is dead.

Dionyza becomes very jealous because Marina surpasses her own daughter's beauty and intelligence, so she arranges to have her murdered.

However, Marina is kidnapped by pirates and taken to Mitylene where she is sold to a brothel. Marina then escapes the violence through her purity and beauty and becomes a teacher to earn her living without sacrificing her own honor.

Later, Pericles hears from Tarsus that his daughter is dead. His ship is sailed to Mitylene where he is entertained by Lysimachus, who sends for the famous Marina to divert the saddened and bereft Pericles.

Pericles recognizes his daughter, and the goddess Diana appears to him in a vision directing him to go to Ephesus. Here, he finds his lost wife, Thaisa, and the family is reunited once again.

As soon as the lights turned on, spotlighting the performers, the audience gave a huge round of applause for a very well performed play.

"I really enjoyed the play; all the performers did a wonderful job," senior Corinne Slattum said.

The actors could also tell that the performance was a success.

"I think the show went great," Stidham said.

"We've all been working like mad dogs to get the show up, and last night was a fantastic culmination of all the hard work our little family has put into it."

The play runs until Nov. 22 at 2 p.m. in the Theatre Arts Black Box Studio at CLU.

Former CLU student answers a call to arms

Kendal Hurley
Staff Writer

Hoping to advance his career in the medical field, former CLU student Tyler Berry departed for Afghanistan last week, where he will aid the U.S. Army.

Berry, who would have graduated with the class of 2010, is a Combat Medic in the United States Army, serving with the 173rd Airborne Brigade.

He has been stationed in Central Germany since Fall 2008, but is being deployed to Afghanistan this winter. It is his first time being deployed since he joined the Army in January 2008.

"I really don't know what to expect, but I know my training will take care of me and that I will be able to do what will be required of me," Berry said.

He is a "line medic," meaning he is the only medic for a Cavalry Scout Platoon of about 22 soldiers. Berry is responsible for their day-to-day health and caring for any injuries they sustain.

"Being a medic in the Army, especially in Afghanistan, shows his courage," junior Jack Williams said.

"He's only about a year or two

older than me, and I could not imagine doing that."

The deployment is expected to be around 12 months, with two weeks of rest and relaxation time to come home.

"I am hoping for July, so that I can spend my one-year anniversary with my wife," Berry said.

"I will miss her the most out of anything," Berry is married to CLU senior Elizabeth Peters Berry. The two met on the day of the 2006-07 ASC-
I know my training will take care of me and that I will be able to do what will be required of me.
LU-G Christmas Party, where the theme was to wear ugly holiday sweaters.

Berry went to a local thrift store and bought the ugliest woman's sweater he could find, and he ended up buying a red sweater with a huge green and yellow Christmas tree ornament on the front.

Later that night, Berry was introduced to Peters Berry through a mutual friend, and she immediately started mocking his sweater. The two hung out a few more times in group settings and eventually started dating early in 2007.

"It's weird not having him around all the time," Peters Berry said. "It can get pretty lonely and frustrating at times, but I have great friends and family to help support me through this."

The duo uses AIM, Skype, e-mail and the phone to communicate. They are able to talk every day for now, but they both know there will instances during the deployment where they will not be able to speak for days at a time.

"I stay pretty busy," Peters Berry said. "It helps me not think about it and not dwell on the fact that he's not here."

Berry's main goal is to become a doctor, and working as a medic in the Army is a huge step toward that goal. He will gain valuable experience working with the soldiers and tending to their needs.

"He made the decision to join the Army in late 2007, so as one could imagine, I was upset," Peters Berry said.

"Now I'm very proud of him for being so responsible and serving our country."

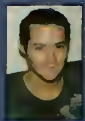


Photo by Laura Dale - Staff Photographer

Ready to Aid the Army: Tyler Berry prepares mentally, the day before his yearlong deployment to Afghanistan.

CAMPUS QUOTES: What thought or message would you want to put in a fortune cookie?

Elon Goldman



"The will to win is important but the will to prepare is vital."

Amy Atkinson



"I hope you read me before you ate me."

Ben Morales



"Make every day count."

Laren Cabral



"It's always the darkest before the dawn."

If you have an idea for a Campus Quotes question, e-mail it to theEcho at echo@callutheran.edu

Affordable quality at CLU printing services

Michele Manfredi
Staff Writer

Did you know California Lutheran University has professional printing services on campus?

No, it is not a FedEx Kinko's, but it might as well be with its full service printing, copying, binding, envelope printing, letterhead, laminating and much more.

Joe Morales has been the printing services supervisor for two years.

"We can beat Kinko's prices any day," Morales said.

Morales is in charge of overseeing printing service operations, from copying and printing professor's tests to creating CLU's plus-size signs seen across campus.

Printing services is open to all students, staff, professors and even neighbors surrounding CLU.

"This job is not a stand-around job; we always have something

that needs to be done by a deadline. We all work hard here, especially the student workers," Morales said.

Printing services currently employs seven student workers who contribute to the department's efficiency.

"I work on most jobs that come through printing services. The biggest thing is copying stuff for all the professors; we always have to meet deadlines," senior Victor Lara said.

Lara explained that his job is hard work, but it pays off.

"I have met and become friends with people working for the printing services and also have become familiar with the staff and professors, which is never a bad thing," he said.

Morales appreciates the hard work that the students do for printing services.

"Working alongside the student workers and accomplishing tasks is most beneficial. We work together to meet every deadline,

and I really appreciate the student help at the printing services," Morales said.

Associate Director of Auxiliary Services, Vanessa Webster-Smith overlooks all the services and jobs done at the printing services and manages the budget.

"I oversee everything, but Joe is definitely the brains of it all," Webster-Smith said.

Printing services is located in building E and can be used by all students who need last-minute copying or printing for final projects or tests this semester.

Printing services is open Monday through Friday from 8:30 a.m. to 5 p.m., and has reasonable rates that are cheaper than off-campus copying businesses.

Color copies are only 45 cents and black and white copies are only 5 cents.

After winter break, printing services will be moving its location to the Riparian building next to West field.

"We will have a much bigger

space with more workable operations," Morales said.

The only downfall of the printing services is that a lot of the students at CLU are unaware that it exists.

"I always explain to my classmates where I work, and half of the time they don't know what

I am talking about or what the printing services are," Lara said.

"I usually tell them we have a FedEx here on campus, to make it easier to understand."



For more information visit www.clunet.edu/printingservices

THE FASHION PLATE: A HEALTHY SEARVING EACH WEEK

Geek chic and geological gemstones



Heather Taylor

There were just some things I couldn't seem to avoid when I was in high school.

While wearing a disturbing amount of blue eye shadow my freshman year is high on that list, having to enroll in a chemistry course was a necessary evil my junior year. I did manage to avoid excessive goggle wear, but no matter how hard I tried I couldn't get out of memorizing the periodic table of elements.

Little did I know that one day some of these elements would reenter my life and I'd like it.

The Science of Sleek

Featured in the pages of Nylon and British Vogue, ItsNoName, is bringing back some of the table's most memorable symbols and placing them onto pendants and rings.

Created by Brooklyn-based husband and wife designers Joe Johnson and Jeanju Choi-Johnson, the collection features Ag, Au and Pt, or Silver, Gold and Platinum.

The rings and pendants, with their heavy weight and authen-

tic sterling silver and 14-karat gold, are absolutely killer as stylish pieces. ItsNoName keeps each accessory geek chic with the atomic mass and number engraved alongside.

Take notes though. The symbols reflect their price range and each of the three have a hefty price tag attached.

Though, by following the steps of the scientific method, it is my hypothesis that this line will result in a great conversation piece.

Rock Goddess

Behold a 14-karat yellow gold boulder opal in ironstone and pink sapphire necklace. Of all of the necklaces I've seen on Jessica Winzelberg's online Web site, this one stands out the most to me.

It is made from the two gemstones that define my birth month (technically the Libra is more defined by the pink zirconia, but I'll let that detail slide). The crafting of the necklace is so intricate and carefully done that I can't help but have a newfound interest in geology.

San Francisco based designer Jessica Winzelberg has just premiered her debut collection of jewelry at SF's boutique, Metier, and online in her personal store. Winzelberg is a native of Pitts-

burgh who holds a degree in international business and finance from Washington University in Saint Louis.

Inspired by traveling throughout Europe and Africa, Winzelberg created her first piece during a stay in Bora Bora and decided to exit the world of investment banking for a jewelry designer profession instead.

With each piece handmade by Winzelberg herself, the line of necklaces and earrings crackles with a vibrant, organic energy. Multicolored stones, such as serpentine and boulder opal, serve as the template to place jewels like orange sapphires, imperial topaz and turquoise.

With such exotic gems, you would expect the accessories to be difficult to pair with outfits, but on the contrary, they are wholly down to earth and versatile.

Even her Web site states that her designs have the ability to "make every woman feel beautiful and excited each time she catches a glimpse of her reflection in the mirror or spies one of the sparkling pieces peeking out of her jewelry box."



For more information visit itsnoname.com or jessicawinzelberg.com



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Controversial lecture addresses stem cell research

Michele Manfredi
Staff Writer

Imagine being cloned or having a child using embryonic stem cells. Are you a friend or foe of biotechnology?

One of the founders of bioethics, who is known for defending his position as an activist toward cloning, Gregory Pence, Ph.D., spoke at California Lutheran University on Nov. 8, in Samuelson Chapel.

The 24th annual Harold Stoner Clark Lecture Series was sponsored by Mr. Clark from the Department of Philosophy.

"You simply can't understand the issues, unless you understand what came before," Pence said.

According to Pence, by the time a woman is 28 years old, chances of conception go down, which is a problem since many couples are not starting to have children until age 30.

More and more couples are turning to embryonic stem cell implants, also called in-vitro fertilization, to start their families.

"These types of babies are the most wanted babies ever created. People who use IVF really want a baby," Pence said. "People will pay anywhere from \$18,000 to \$20,000 for their own child. They will go without a more comfortable home or a new car for an IVF baby."

Another type of cloning, still in the research stages, is known as Designer Baby, where a couple can choose specific gene types for their child.

"I generally think that research on cloning and such should be allowed for medical purposes and coming up with cures, but a designer baby is completely ridiculous. It completely takes all the fun out of having a kid," junior Matt Allen said.

Between 1978 and 2008, 3 million IVF babies were born.

The first baby to ever be born through IVF was Louise Brown, born in 1978. She lived a healthy life and had children of her own, who live healthy lives as well.

The first mammal to be cloned was Dolly the lamb, in 1996. Rumors spread that she had an early death as a result of the cloning. However, researchers defend

that Dolly was raised indoors, which is abnormal for lambs, and she was overweight from all her visitors feeding her treats.

"Forty-seven different species of animals have been cloned,"

Gregory Pence

Bioethics Founder

I really don't think there is anything wrong with cloning," Pence said.

Despite the scientific advancements, some people are still uncomfortable with the concept of cloning.

"Cloning should not be done and neither should IVF or Designer children, it should all be natural like it always has been," said James Neill, student at Newbury Park High School who was

at the lecture.

Bioethics was more of a low-key research study until politics and politicians got involved; now it is highly political.

"Cloning is cloning is cloning, that's why it should all be illegal," said Mary Landrieu, U.S. Senator of Louisiana.

President Barack Obama dramatically relaxed the rules for research with embryonic stem cells and federal money is now being used to move forward with research.

With more support from the government and the public, the California Institute of Regenerative Medicine, CIRM, made 229 grants to research further on bioethics.

With a new trend coming about with IVF babies and designer babies, only the future will know what is to come from bioethics stem cells research and cloning.

"One of the most spectacular achievements in history is cloning," Pence said.



For more information visit
www.clunet.edu/hsc

HOW TO... Stay balanced and stress-free



Alexandra Butler

News flash, Super Man doesn't go to CLU. We are all humans who get stressed and seem to have no time.

When life gets busy, it's hard to stay on top of things and to remember to put yourself first. Instead of thinking of a bunch of different parts of your life, take one aspect that is very important and make sure to take care of that everyday. It's the best way to find self peace and feel in control. If you pick one focus point, it will give you more balance and structure to focus on school.

Get dressed.

One focus could be your clothes. It's a problem for everyone; one question we face everyday is: "What should I wear?"

When you look at your closet, you may feel unsatisfied, disconnected and bored. Well, have no fear; I'm going to tell you how to spice things up without spending money.

Getting creative with your closet can change your life. There are only a few weeks left in the semester, and everybody's stress level is sky-high.

One way to avoid the stress and feel good about yourself is to take time getting dressed for your day. This will make you feel creative and boost your confidence.

Pick something out of the ordinary to make yourself feel original. What you wear during the day can actually affect your mood. Find a shirt you have not worn in a long time. Next, accessorize with jewelry, boots or leggings.

Since the shirt has been retired in your closet, you'll feel like you're wearing brand new clothes.

Feeling good about your appearance will give you confidence, and confidence will make you happy. When you are in a good mood, you will feel more motivated to work on important school work.

Some boys throw on sweat pants, or wear a shirt from the day before. Well, no more, dirty boys. Although you will be comfortable, you may feel more outgoing and productive by simply putting jeans on.

Hats can always spice up an out-

fit; pick one that matches your clothes.

Cook and relax.

Promising yourself a cooked meal is a great way to relieve stress and make you feel accomplished. Ask mom how to make your favorite meal from home. This will be something to look forward to, and the scent of a home-cooked meal will comfort you.

Making a promise to bake yourself cookies or a cake is a great way to relieve stress. Might I suggest an apple pie? The aroma of apples is actually proven to relieve stress.

Or, get creative with your weekend activities. Switching it up will be fun, and the change of pace can help you focus on school.

However, I warn you, if you only allow yourself all work and no play during the week, you might party too hard over the weekend, making Monday morning awful.

Making one small promise to yourself everyday will help prevent stress from building too high and will give you balance.

If cooking, baking and going out at night takes too much time, you can pick small tasks to feel good about yourself, such as wearing make-up everyday. Investing 15 minutes into personal appearance can be therapeutic.

During this personal time you must promise yourself not to think about school.

Get outside.

Go play basketball or sit outside to clear your head. Some people just want to relax. If that's the case, promise to spend time at a special place can allow yourself to "just be." Turn off your cell phone and stop thinking about everything that needs to be taken care of.

The truth is you will do it, and you'll do it well. Remind yourself that overwhelming assignments and classes are not the end of the world.

Focus on the important things and on one self-pampering task that you love. Take longer showers, watch your favorite TV show, use a face mask or play video games.

Keep it simple and realistic. Picking one special thing for yourself can actually make you feel more balanced during this crazy, hectic time.

Think of it as a survival instinct.

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OPINION

The dreaded "p-word" *Fashion faux pas*



Caitlin
Coomber

I was at lunch last week when one of my friends engaged in the ultimate mealtime faux pas.

She brought up the "p-word." You know: "politics."

It has become common knowledge that there are two things you should never discuss during a dinner party, even with close friends: religion and politics.

But when my friend asked what "conservative" really meant, I couldn't help but answer.

It must be the budding political science major in me.

Being "conservative" can mean a whole lot of things.

It can mean you choose not to dress in a revealing or trendy manner.

Or it can mean cautiously

moderate or low, in terms of estimates and spending.

Or, like my friend was wondering, it can do with politics.

This left me thinking.

What do college students really know about politics?

I spent some time this week asking 30 friends, classmates and random students on the CLU campus to fill out surveys about how much they knew about the general U.S. government system and politics.

As the youngest voting age bracket, college-age students can truly have an influence on the "change" being promised to our country.

Here's what I found:

-About half of the interviewed CLU students knew a U.S. senator holds office for six years.

-Thankfully, all 30 students could tell me that the president

holds office for four years.

-Over 20 students did not know enough about Obama's health care plans to support or oppose it.

-90 percent of those interviewed did not know who recently appointed Judge Sotomayor of the U.S. Supreme Court, or the significance of her nomination.

-And, they all had different ways of describing the terms "conservative" and "liberal," mostly based on the U.S. political party they identified with.

Although this brief survey was not at all an exhaustive look or even closely representative of the complete knowledge and opinions of the entire CLU undergraduate body, I was able to infer some very interesting data from the students.

First, and foremost, the knowledge of the CLU students was based on their interest in the subject.

Those that were active in politically-active, outspoken clubs on campus were much more likely to have an opinion or familiarity with the topics.

The students' majors also seemed to influence what they knew about politics.

Obviously, the political science majors were very knowledgeable and opinionated.

The sociology majors had concerns about health care.

However, some of the responses I received during the informal survey worried me.

As the youngest voting age bracket, college-age students can truly have an influence on the "change" being promised to our country.

We can use our voting power, among other things, to call attention to the biggest social issues of our generation, (think gay rights or health care reform).

It is troubling to think that college students are better at naming Britney Spears' latest single than identifying one of California's state senators.

Those are Barbara Boxer and Dianne Feinstein, by the way folks.

Of course, I am going to re-acknowledge there is a small percentage of twenty-something college students active in the political community or with enough interest to have an opinion of some of today's most controversial issues.

I know you're out there. But that is still a minority.

College students are busy. We have school, work, friends and family on our minds, but finding time to stay updated and informed is easy.

Pick up a newspaper during breakfast. Watch the news when you're getting ready to go out.

It is worthwhile to take some time to learn about the "p-word."

Caught in a fashion rut? Be sure to stay true to yourself and body



Robert
Amey

What is in, and does it really matter?

Just as easy as time and the seasons, fashion is most certainly changing.

The fall brings stylish sweaters, winter brings dramatic coats and summer brings lots of skin.

But since we live in sunny California, everyday is simply spring with the exception of some nights and days.

Unless you pride yourself in keeping up with fashion trends, it's hard to follow.

I am no fashion guru, but

Photo courtesy of stockxchange.com

I am confident in saying I have an eye for what looks good and what looks bad.

And I must say, I have seen a few people on campus that sing "rescue me and burn this dreadful shirt."

There is no legitimate reason to walk around campus looking like "a hot mess."

For those who are not familiar with the phrase "a hot mess," it describes anyone who has no legitimate excuse for looking the way they do.

At least put some CLU apparel on, gosh!

It is not okay to arrive in class with your pajamas on and sleep in your eyes.

Not a statement and most definitely, not cute.

So how do we determine what's in?

Do you grab the latest magazine and check out your favorite celebrity?

I can't tell you how many times I have seen a young lady wearing pants or a shirt that scream, "this is not my size."

Do you simply buy notable labels, saying to yourself this is what's in?

Or maybe you sit in the SUB watching Project Runway analyzing each contestants clothing.

Whatever the case may be, there is no way to escape fashion.

One thing I've noticed is that people do not wear clothing that flatters their bodies.

I can't tell you how many times I have seen a young lady wearing pants or a shirt that clearly screams, "this is not my size."

Guys are no exception.

How many times have you seen a guy with clothes on that were two times his size?

Honestly, what is fashionable or not doesn't matter.

It should be based on what flatters the body most.

What looks good on my body won't necessarily flatter my friend, and that's OK.

Everyone has seen Lady Gaga in videos, at red carpets and award shows, and I think we can all agree she wears very unique clothes.

But she's Lady Gaga; she can pull it off.

If I saw anyone was walking down memorial parkway carrying a "disco stick" they would look like a fool.

I'm not proposing that everyone should dress as if they are about to hit the runway, however, there should be some effort put into our everyday attire.

Add some color or add some accessories; women are great at this.

Guys, we need to step it up.

By adding more color and subtle accessories, such as

a watch or sunglasses to your every-day look can say a lot.

Why not try going to the mall and leaving all credit card, debit

cards, cash and checks

at home, and try on

some clothes.

Don't go to your favorite stores, try something new.

With no intention on purchasing something, you can really appreciate what looks good without burning a hole in your pocket.

The holiday season is quickly approaching so be sure to remember what you liked and share that with family and friends.

Stop with the fashion don'ts and shop to flatter your body.

With a wardrobe that flatters your body type, I think you'll find in yourself a new confidence that will make heads turn.

Chapter 8 College Night with the nationally ranked Dance Team

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Help send the Dance Team
to the 2010 UDA National
Competition

The untold truth about “The Ugly Truth”

What most men and women don’t know about the ‘ugly’ and complex process of dating and relationships



Photo courtesy of stockchange.com



Anna
Meyer

The Ugly Truth Dating Tips

1. You need long hair: guys like something to grab on to
2. Flirt: try stroking his chest
3. Never criticize: not even constructively
4. Always laugh at his jokes, even if they aren't funny
5. Leave him guessing

Are these key rules really likely to develop a steady relationship?

Although movies are not meant to educate us, they do affect us.

Just as any forms of media have a great affect on the intended audience.

Many girls look at this and

wonder if this is what they have to do in order to get a man. I have wondered this myself.

So I had my friend, sophomore Tyler Streater, watch it and answer a few of my questions.

Streater didn't believe that this advice was the best for a woman to follow to get a relationship.

"Personally I think 'The Ugly Truth' is a stereotype, so following the advice from such a movie would just put such girls in that category," Streater said.

In the end, the leading man fell in love with the leading lady because of who she was, not what he tried to make her.

"I think it all comes down to the individual and what they are looking for. If women act normal and do things they like and want, I think eventually they can find someone with similar traits," Streater said.

Streater emphasized the fact that although there are a lot of guys out there who would love for every girl to follow everything that "The Ugly Truth" says, there are still a lot of nice guys who are looking for more, especially when they are looking for a relationship.

"There [are] definitely still a few Prince Charmings out there," Streater said.

HOW TO RESPOND:

Mail

Letters to the Editor
the Echo
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60 W. Olsen Rd. #3650
Thousand Oaks, CA 91360

Phone

(805) 493-3465

E-mail

echo@callutheran.edu
(preferred)

Please limit responses to
250-300 words.

Letters to the editor must include your name, year/position and major/department.

the Echo

In tough times watching spending makes sense



Photo courtesy of stockchange.com



McKenzie
Becker

the drive-through.

We act on impulse, not always logic.

Shouldn't we be smart enough to know better than to fall for their tricks?

Unfortunately, we don't.

So far, I have been able to avoid credit card temptations, but there have been other instances where I have fallen prey to scams.

Last year, for instance, I, along with a number of other students at CLU were scammed as a result of when an upper classman at CLU led us all to believe that we were going to make a small sum of money in a completely legal way. We found out the hard way this was not true.

Unbeknownst to us at the time, and unbeknownst to the CLU upper classman, we were helping a mastermind scam artist from out of the country to make thousands of dollars off of iPhones that he was reselling in the black market illegally.

There were a number of students from CLU who were scammed into signing a contract with Apple and AT&T to receive a little extra cash and even more extra cash for the scam artist.

At the time, none of us knew what we were getting ourselves into.

According to an AT&T customer service representative in the fraud department, thousands of students in the Orange, Ventura and Los Angeles counties were scammed by this same situation.

Now, after each having to pay between \$800 and \$1,000, we have learned our lesson to be careful who we trust.

This is just one of the many examples of when college students have found themselves scammed by both strangers, acquaintances and even our own classmates.

We all need to be more cautious of offers that could potentially empty our college savings account.

Keep an eye out because during these harsh economic times, no one can afford to be tricked.

Scam artists and credit card companies see college students as targets.

Credit card companies know we are vulnerable, so they use clever marketing campaigns to persuade us to buy their card.

As soon as students turn 18 years old, they are bombarded with credit card companies attempting to persuade us to indulge in their plastic money.

Chances are, throughout college, we will have credit card companies throwing tempting deals at us.

They all know that as young adults, we are fairly naive.

Credit card companies and scam artists are smart for pinpointing young college students.

We are the most likely to overspend and wind up in a black hole of debt.

"I think credit card companies target college kids because they are not ready to have a credit card and they don't have any credit history so they can give them credit cards easier. I think a lot of college kids are in debt," junior Amy Fausset said.

Credit card companies know we are vulnerable, so they seem to specifically focus on advertising to persuade us to use their card.

Some of us are responsible with our money, but for the most part, we live in the moment and spend as we please.

Our parents are more experienced at saving, so they can pass up every day spending temptations far more often than we can.

When we drive by In-N-Out, we just can't resist pulling into

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SPORTS

Men's water polo closes season with a victory

Greg Gelber
Staff Writer

The SCIAC water polo championships were held this weekend at Claremont-Mudd-Scripps College's Alexrod Pool, with the Kingsmen water polo team seeded fourth for the tournament.

The Kingsmen opened up against the host, fifth-seeded Claremont. Earlier, in conference play, the Kingsmen defeated the Stags 10-6 on Oct. 28.

It was a close game throughout as the Kingsmen scored four second quarter goals to take a 6-5 lead into halftime.

With the lead at halftime, the Kingsmen were shut out in the third quarter, while the Stags scored two goals, taking a 7-6 advantage into the fourth quarter.

The game stayed close throughout the fourth quarter as both teams traded scores, but the

Stags came out with 10-8 victory.

Kingsmen senior Matt Heagy scored five goals in the game and had three steals, while junior Wes Lewis, sophomore Jordan Meaney and freshman Trevor Owens scored one goal apiece.

"The tournament went OK. We



would've liked to advance further than we did," Lewis said.

On Saturday morning, the Kingsmen played a consolation game against the Cal Tech Beavers.

The Kingsmen only scored

once in the first quarter, and then scored three in the second quarter, taking a 4-0 lead into intermission.

After the intermission, the Kingsmen outscored the Beavers 7-0 in the third quarter, making their lead 11-0 going into the final quarter.

It was a balanced attack for the Kingsmen, who saw 12 different players score goals in the game.

Kingsmen freshman goalkeeper Danny Mock made five saves and shut out the Beavers over three quarters, before being taken out for the fourth.

Freshman goalie Matt Baerg made two saves over the final eight minutes to help preserve the 15-2 victory.

With the win, the Kingsmen had an opportunity to play the Occidental Tigers to earn a fifth place finish in the SCIAC tournament.

The Kingsmen offense scored eight goals in the first half of



play, taking a 8-2 lead into intermission.

Scoring five more goals in the third quarter, the Kingsmen took a 13-3 lead into the final quarter, where they came out with 14-8 victory.

"It was nice to beat Occidental by a lot today. We wanted to send the seniors out with a win," Lewis said.

Sophomore Brian Gross and senior Ricky Mulcahey each scored two goals for the Kingsmen in the win. The Kingsmen finished the SCIAC conference with a 6-4 record, while finishing with an overall record of 9-18.

What started as a tough season turned for the better as it came to a close.

"We had a rough start but began to pick up some momentum when conference started," Gross said.

Many underclassmen are already looking forward to next season after the positive finish in SCIAC play.

"Next year we are going to have a stronger off-season so we begin bonding early on and be ready to win a SCIAC championship," Gross said.

The Kingsmen will return 15 out of their 19 players for the next season.

Regals outlasted by No. 13 Tigers in semi-finals

Matt Kufeld
News Editor

The CLU Regals volleyball team saw their season come to a close last Friday night in Western region semi-final match of the NCAA Division III Volleyball Championship as they fell in a five-set thriller to the No. 1 seed Colorado College.

The unranked Regals gave the No. 13 nationally ranked Tigers all they could handle, holding an 8-5 lead in the fifth set before the Tigers went on a 10-4 run to close out the match.

"We were up at the switch and disappointed that the girls couldn't finish it out," head coach Kellee Roessel said. "No one expected us to do as well as we did in a rebuilding year."

Despite strong starts from fresh-

man outside Rachel Smith, junior middle blocker Allison Kerr and the Regals hitting .297 as a team, the Regals dropped the first game 22-25.

The Regals jumped out to a 15-12 lead in the first set, before a 5-0 run keyed by three consecutive service aces gave Colorado College a 15-17 advantage. Colorado College closed out the first game with two consecutive points, for a come-from-behind game one win.

Smith finished with a team-high of 13 kills and 23 digs. Kerr tallied 10 kills, three aces and a match high of 2.5 total blocks.

"As a team it was important to us that we got out to strong start," junior middle blocker Erin Exline said. "Rachel is a threat on the outside, she is smart with the differ-

ent shots and keeps the ball in play pretty well."

The Regals came out strong in the second set, building a 12-4 lead and held on to take the second game 25-14.

They hit .323 (14 kills, 4 errors on 31 attempts) behind junior Megan Thorpe and senior Cori Hayes with three kills each in the second game.

The Tigers were only able to manage six kills with six hitting errors in the second set.

In the third set, four early Cal Lutheran errors allowed Colorado College to jump out to a 6-2 lead.

At one point in the third set the Tigers led 19-12 before CLU went on a 9-4 run out of a timeout to close within two at 21-23.

The Tigers scored their final two points in the third set thanks to a

pair of Regal errors.

A hitting error by sophomore outside Casey McWhirk made the score 21-24. After a kill by Thorpe extended the match 22-24, Kerr served into the net giving the Tigers a 25-22 set three victory. Thorpe ended the match with 12 kills and 23 digs.

The Regals had difficulty getting their offense running in the third set with only 14 kills and 7 errors in 51 total attempts, unable to get the ball more to Exline who had three kills on five swings in the third set. Exline led the team in hitting percentage .231 for the match with nine kills on 26 swings.

Freshman setter Jackie Russell had 44 assists in the match.

Playing with their season on the line, the Regals held on to a hard-fought fourth set victory 25-23. The fourth set featured four lead changes and 14 ties as CLU forced a fifth.

"As a team we wanted to win so bad," Exline said. "All of us love playing together, love playing the game and we believed that we could win."

The Regals were able to build an 8-5 lead midway through the fifth set, but four hitting errors and two service aces helped the Tigers go on a 10-4 run to close out the match and advance to the finals.

Cal Lutheran (21-12) ends the season having posted back-to-back 20-plus win seasons for the first time since 2000-01.

INTERNATIONAL EDUCATION WEEK

NOVEMBER 16-20, 2009

Monday, November 16

Opening Flag Ceremony, All Nations Plaza
(Outside of Business Office), 10:30am

Tuesday, November 17

Study Abroad Open House, 10am-4pm

Wednesday, November 18

International Chapel, Samuelson Chapel, 10:10am

World Fair, Pavilion, 5pm-7pm

Sign Up for Food online at www.cal.lutheran.edu/multicultural/

Thursday, November 19

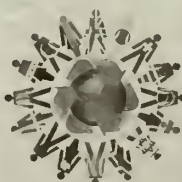
International Faculty, Staff,
& Administration Reception
Nelson Room, 4pm-5pm

Religions of the World Panel
Nelson Room, 5pm-6pm

Friday, November 20

Closing Flag Ceremony, All Nations Plaza, 10:30am

A week of getting to know
cultures through food, faith, fun,
and flags!



For more information, contact
Linda Bobery in the
Office of Multicultural
& International Programs
805-493-3323



Photo by Matt Kufeld - News Editor

Stuffed: Megan Thorpe gets blocked by Colorado's Amy Schornack.

Kingsmen earn first victory of the season at home

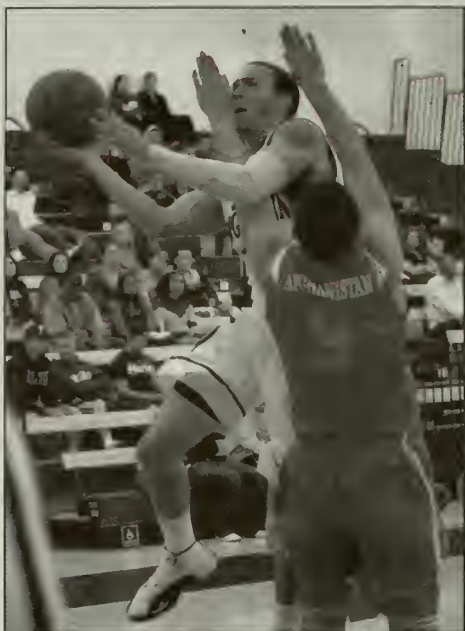


Photo by Maxx Buchanan - Staff Photographer

Forcing His Way: Aaron Fisher drives through a defender for a lay-up.

Rachael Hubbard
Staff Writer

The California Lutheran University men's basketball team recorded their first win of the season against Marshall Legacy Institute: Team Afghanistan on Sunday, 83-78.

The men's next game is Friday, Nov. 20 at Chapman at 7:30 p.m.

This is the Kingsmen's third year playing team Afghanistan.

"It is fun to play this team in the beginning of the season because it gives us a chance to compete. We did not come in as focused as we should have been so we learned a good lesson that no matter what team we play, we have to come prepared and ready," junior forward Aaron Fisher said.

Senior guard Kyle Knudsen had a game-high of 32 points in Sunday's game.

"We did not play with as much energy as we needed to. Andy Meier, Kyle Knudsen and Fisher stepped up, played big and helped us get out of the funk. Fisher came off the bench and added a lot but as a whole we never caved in. We did not play well at times but we fought constantly," said sophomore forward Aaron Van Klaveren.

The Kingsmen were down in the first 14 minutes of the first half.

With 6:04 remaining in the first half, Fisher made a two-point jump shot to tie the game 27-27. On the teams' next possession, Meier recorded a pair of free throws, which provided a lead to last the Kingsmen the rest of the game. Together, team captains Meier and Knudsen scored 55 of the team's 83 total points.

"For us to be successful, we need to keep using all the drills that we do in practice and transferring them into a game setting," student assistant of four years, Josh Thies said.

Meier scored 23 points and had a game-high of nine rebounds.

Junior guard Greg Grimm and freshmen guard Kwaminique Brandon had a combined total of 11 assists.

"We shot the ball well. Knudsen did good attacking the rim and Meier shot the ball really well. Shooting was our strength today but we need to work on defense and communicating more," Thies said.

CLU's current record is 1-1. With 11 non conference games left and two tournaments, the Kingsmen

have a busy schedule before SCIAC.

"By the time conference starts, we should be playing our best basketball. All our non conference games are going to be competitive, but when it comes to SCIAC, each team knows the others weaknesses and it's going to come down to whichever team executes the best and wants it more," Fisher said.

Their SCIAC play starts on Saturday, Jan. 9, 2010, against Caltech in the Gilbert Sports Arena at 7:30 p.m.

"We are a strong and confident team and we know we have a lot of talent and potential but the hardest part is exposing it all. We want to make each other better, hold each other accountable and keep pushing one another non-stop," Van Klaveren said.

On deck



Cal Lutheran
vs. Chapman
Orange, Calif.
Fri. 7:30 p.m.

New opportunity for college athletes a success

Andrew Parrone
Staff Writer

The addition of junior varsity teams to the athletics program has given CLU students even more opportunities to pursue their athletic careers beyond high school.

Cal Lutheran, which had traditionally fielded JV squads in the past, has brought back five JV teams. The sports being offered at this point are volleyball and women's soccer in the fall, men's and women's basketball in the winter and baseball in the spring.

According to NCAA.org, the philosophy of colleges in Division III, including CLU, is to "encourage participation by maximizing the number and variety of athletics opportunities for their students."

JV teams are one way that this can be accomplished, so the decision was made to revive JV athletics at CLU.

"Looking at the growing interest of students in athletics, it made sense to offer more opportunities for students to participate at this time," athletic director Dan Kuntz said. "The Division III philosophy is all about opportunities for participation. Offering JV teams builds on the Division III philosophy."

According to Kuntz, there are several reasons why the addition of JV teams was important. Some students are just not ready for the rigors and responsibilities of varsity athletics, especially directly out of high school. Other students have played a sport their whole life and want to continue playing, but want time for other interests as well. JV teams prepare athletes for varsity while allowing more time for outside interests.

"The JV program practices usually are at times that may be more convenient or may occur fewer times in the week," Kuntz said, "allowing students to have more time to focus on other campus interests."

"In addition, usually these teams play about half as many contests as the varsity teams, which leaves more time to participate in other interests as well."

Since the time commitment was reduced, students had the opportunity to focus more on class and having fun while competing.

"We only practiced twice a week and we had games once a week," senior Kellie Chase said of JV soccer. "Plus our practices were later in the day so it usually was after everyone's classes and work. The coach was very understanding if we had to miss a practice."

In addition to playing other junior varsity SCIAC teams, they will also face local university club programs and community college teams.

The addition of JV teams at this time is surprising because of the current economic crisis the country is facing. Many schools are contracting their athletics budgets, and some teams are even being forced to dissolve. But the success of the athletics program has allowed them to expand even further, despite the recession.

"Offering the JV programs became possible financially because of the enrollment of student athletes who may have chosen other schools if they didn't have the opportunity to play sports on the intercollegiate level," Kuntz said. "The JV programs actually helped to increase enrollment of some students to CLU."

Though there is a difference in

skill level between varsity and JV, the effort in training is there for both squads.

"One of the purposes of JV is to work harder and get to the level varsity is at," assistant JV basketball coach Josh Thies said.

"The effort is there from both teams, but varsity is more routine,

while JV is still learning."

The plan is to feature more sports in the JV program in the future, depending on enrollment, interest and funding. Kuntz said that additional sports that may be added include football, men's soccer and men's and women's water polo.

So far, the program seems to be a

success, and both the athletics department and the players have enjoyed the experience.

"Most people got along very well and we had a lot of fun together," Chase said. "It was a laid back atmosphere where everyone could have fun and relax and at the same time work hard in a sport we love."

IN BRIEF

Battle of police officers

Police officers from Ventura and Los Angeles Counties will battle it out inside a steel cage at Cal Lutheran in the Gilbert Sports and Fitness Center on Dec. 4 from 6:30 p.m. to 10:30 p.m. for the Professional Peace Officers Association's "King of the Counties" event.

This event is being held to raise money for the families of fallen officers who were killed in the line of duty to help them in their time of need.

The PPOA represents over 8,500 law enforcement professionals in Los Angeles County, who ensure that the rights of the officers as well as the public are protected.

Students will be given the opportunity to help out at the event, as well as meet some of the officers.

The CLU American Marketing Association club will be promoting the event around campus.

Student tickets are available in the Student Union Building for \$15, a 50 percent discount off the general admission price.

IN THEIR HONOR

Submission Grappling League

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KING OF THE COUNTIES

Los Angeles County

VS

Ventura County

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Kingsmen win first outright SCIAC Championship

[FOOTBALL, from Page 1]

For the first time the Kingsmen were forced to throw the ball more than run the ball, with 36 throwing attempts and a great game for Toilolo who threw for 255 yards, with three of those throws resulting in touchdowns.

As Toilolo's primary target, Rogers received his career high in catches and was able to contribute two touchdowns.

Toilolo found junior wide receiver Victor Lara in the far corner of the end zone within the first five minutes of the second quarter and finally allowed the Kingsmen to take a 13-7 lead.

Kingsmen junior defensive back Justin Haulcy-Bateman intercepted a short pass by Redlands quarterback Selway and demonstrated his amazing speed by returning it for a 74-yard touchdown, giving the Kingsmen a 20-7 lead in the 9:09 of the second quarter.

As the Kingsmen defense continued to pressure Redlands offense, senior defense lineman Sawyer Merrill sacked the Bulldogs quarterback, causing a fumble that was picked up by fellow Kingsmen junior defensive lineman Jordan Barta at the 30-yard line.

"We started out slow, but we calmed ourselves down and came out and turned it around and played as team and did what we needed to do," junior defensive back Brett Lewis said of the defense efforts on Saturday.

For the second time in the

On deck



Cal Lutheran
vs. Linfield College (Ore.)

McMinnville, Ore.
Saturday, Noon

quarter, Haulcy-Bateman intercepted a Selway pass and set up the Kingsmen offense close to the 40-yard line.

His interception set up a 6-play, 48-yard drive that resulted in a 23-yard pass from Toilolo into the hands of Rogers with just 1:41 remaining before halftime.

The Kingsmen widened the margin to 27-7 over the Bulldogs after two quarters of play.

Similar to their start of the first half, the Redlands Bulldogs scored on the opening five plays of the drive bringing the score to 27-14 in the 8:19 second of the third quarter.

The Kingsmen were forced to put on their next drive.

Junior Josh Oosterhof's punt bounced near the Bulldogs goal line and freshman long snapper Michael Marusa dove over the goal line and swatted the ball into the arms of junior defensive back Derek Wilson, who kept the Bulldogs on their own one-yard line.

Following a 99-yard, 13-play drive, the Bulldogs scored a touchdown, bringing the score



Photo by Maxx Buchanan - Staff Photographer

Sidestep: Derek Wilson eludes a Redlands defender on a punt return. He recorded 27 return yards on two punts and two kickoff returns.

to 27-21 in the fourth quarter.

The touchdown marked the most points given up by CLU this season, having allowed more than 14 only once, which occurred in their loss to Willamette.

After avoiding two possible sacks, Toilolo found senior running back Brian Stuart who ran for 17 yards. Stuart fell 16 yards short of a 1,000-yard rushing season, averaging 104.2 yards per game.

Just two plays later junior wide receiver Mark Sims caught a 20-yard reception putting CLU on the six-yard line.

The Kingsmen brought out sophomore kicker Jackson Dameron who converted a 23-yard field goal enhancing CLU's score to 30-21.

The Kingsmen were able to force the Bulldogs offense to two consecutive three-and-outs and run out the remaining 4:28 left in the game.

As the game came to a close, players, coaches and fans were out of their seats cheering for their 2009 SCIAC Champions, as the team and fans met center field to jump, chant and celebrate their great season, all were excited and anxious to see who their first playoff opponent would be.

"We are excited for our first division three playoff football game, no matter who we play, we will show up as a team and show them what Kingsmen football is all about," Toilolo said.

The Kingsmen gathered on Sunday afternoon to find who and where they play their first playoff game.

The team was elated with the news of their opponents being the Wildcats of Linfield College out of McMinnville, Ore.

"It all starts with the athletes, we have a group of hardworking players and coaches and I think we are comparable to Linfield, we have a great shot at being a national championship team," Coach McEnroe said.

Semester at Sea

www.semesteratsea.org/CLU





Security
Looking For
Suspect
From Attacks

Page 3



Rebekah
Casas
Prepares to
Study Abroad

Page 5



Regals
Knock Off
Defending
D3 Champs

Page 12

the Echo

December 2, 2009 Vol. 54 Number 10

HIV/AIDS awareness planted on campus



Photo by Nick Gilliam - Staff Photographer

Rubber Tree of Knowledge: A student walks by the Condom Tree in the Kwan Fong Gallery in the Soiland Humanities Center. The tree was designed by CLU professor Michael Pearce in an effort to get people talking.

Alyssa Harris
Staff Writer

Heads started to turn this week, as a tree was erected in the Kwan Fong Gallery in the Soiland Humanities Center that has condoms hanging from its branches.

The response from students and faculty at California Lutheran University was exactly what

artist, CLU art professor, Michael Pearce was expecting.

The message behind the tree? To raise awareness for World AIDS day 2009.

"The Condom Tree is an amusing way to get the message across to use protection while having sex. The whole point of the tree is not to promote sexual activity, but rather to make people aware that HIV/AIDS

is a dangerous disease that is spreading rapidly," Pearce said.

In 2007, 33 million people were living with HIV/AIDS worldwide, and there were a reported two million deaths, according to worldaidsday.org.

These statistics have only increased since the poll was taken, and it has caused people to search for a way to educate the world on the dangers of

the disease and how to protect themselves.

The Condom Tree is an unique piece of art and is designed to make a statement and get people talking, something of which Pearce is fully aware.

"I doubt that it will cause controversy, and if it does, then that's okay," Pearce said. "The whole point is for people to start talking about the issue, and so if that happens, it's getting the message across."

Even though CLU has a religious background, students have responded in a positive way and understand the message behind the tree.

"Let's keep in mind that we are all adults. I don't think that people are going to stop having sex regardless if someone hangs latex condoms on a tree, but it will help to get the point across of how to have safe sex," senior Raven Vilardo said.

The key motivation behind the tree is to raise awareness of HIV/AIDS and to get as many people talking about the disease and the different ways that it can be avoided.

According to worldaidsday.org, the ways a person can contract HIV/AIDS are through unprotected sex with someone living with HIV, sharing infected needles, syringes or other injecting drug equipment and

[See HIV/AIDS, Page 3]

World Fair event full of culture

Lynn Clahassey
Staff Writer

The World Fair attracted more than 300 CLU students who participated in the festivities Wednesday night, Nov. 18.

Cultural music was all around, exotic food was served and the entertainment lasted throughout the night. The festival brought many cultures represented at California Lutheran University together.

"The World Fair is initially a showcase of cultures; it doesn't only honor our international students and their different backgrounds, but it provides a chance for others to explore all the unique aspects of that culture," said Linda Loberg, assistant director of the Multicultural and International Programs.

Being that it was International Awareness week at CLU, the World Fair provided students with the opportunity to get directly engaged in many of the world's cultures.

Tables were set up and decorated in accordance to what culture they were going to represent. Clubs, such as United Students of the World and Asian and Friends, were some of the sponsors of the World Fair.

"It was so nice to see so many people show up," said Lord Even Kvelland, sophomore and member of USW Club. "We put so much work and time into the organization of the World Fair. I was glad to see that students were enjoying themselves and everything we did."

For students, their favorite part of the World Fair is the amount of free food.

Every year cultural food is

[See WORLD FAIR, Page 2]

Black Friday shoppers rewarded with sales

Vanessa Lara
Staff Writer

Would you pitch a tent outside of Best Buy to get some of the best deals of the year?

Several shoppers waited outside the Best Buy in Simi Valley, as well as other Best Buy locations to score on the Black Friday early bird special Friday, Nov. 27.

Special sales, such as an X-Box 360 with six games for \$300, a Sony computer with built in Blu-Ray player and movie for \$480 and a Samsung LCD HDTV that retails for \$2,600 on sale for \$1,400, had shoppers standing outside days before the store opened.

"Some people were in line since Tuesday night. One guy had a huge tent, it seemed like it could fit 20 people," said Shelby Mor-

gan, California Lutheran University sophomore and Best Buy employee. "The line was huge; it extended around the whole parking lot. We opened at 5 a.m. but we let people in at 4:45 a.m."

The day after Thanksgiving Day has become the tradition in America called Black Friday, the day where customers begin their Christmas shopping and look for the best bargains of the season. It has also become the day when retailers see their profits in the black for the first time.

"People want to get their Christmas shopping done, and for other people it's a tradition to spend Thanksgiving shopping," Morgan said.

Black Friday is one of the busiest shopping days in America however, the Saturday before Christ-

mas tops Black Friday as the busiest shopping day of all, according to the International Council of Shopping Centers.

Several stores open in the wee hours of the morning and stay open for up to 24 hours on Black Friday.

The Michael Kors outlet and several other stores in the Camarillo Premium Outlets in Camarillo, Calif., opened at 10 p.m. on Thanksgiving Day and did not close until 10 p.m. Friday night.

"It is part of the tradition from what I have seen over the past few years that makes people get up early and wait in long lines to shop," said Bonnie Brown, manager at the Michael Kors. "Most consumers don't take the time to find out that the deals are going all weekend. So, to not lose out on

their pick of stock, they brave the crowds for their must have item."

Most stores at the Camarillo Premium Outlets had special Black Friday sales.

Stores like Banana Republic and Pacsun had 50 percent off the entire store, while Nike, Juicy Couture and Guess had 30 percent off the entire store.

Some stores had people wait in line outside the store to avoid over capacity. Coach, one of the most popular stores in the outlets, had a line outside the store for most of the weekend.

"Some stores have better deals than others on Black Friday. One of my favorites is Pacsun, they usually have good deals on Black Friday. Even though there are long lines, it's worth the wait

[See SHOPPING, Page 3]

CC
It provides
a chance
for others
to explore
all unique
aspects of that culture."



- Linda Loberg
Assistant Director of the
Multicultural and International
Programs

NEWS

Deputies seek suspect in 20 indecent exposure cases

Hanna Halldorsdottir
Staff Writer

The Ventura County Sheriff's Department is looking for a suspect in over 20 reported indecent exposure cases in Thousand Oaks and nearby areas. This suspect might have been involved in an incident on campus in December of last year.

The Ventura County Sheriff's Department sent out an alert, following an incident on Nov. 6, when a female jogger was attacked.

According to the alert, the victim was jogging in the area of Northwood Place and Mabrey Court in Thousand Oaks when an unknown male suspect pushed her from behind causing her to fall into brush.

The victim was able to kick the suspect and run away.

"This man clearly poses a dan-

ger to the entire Thousand Oaks community, including the CLU campus," said Bill Rosser, vice president for Student Affairs and dean of students.

Fred Miller, director of Public Safety at California Lutheran University, sent out an e-mail to the university's community regarding the incident and a possible connection between the Nov. 6 attack and an attack that happened on campus in December of last year.

"Although the sheriff reports that the last known assault by this person before Nov. 6, 2009, was in July of 2008, this is being brought to your attention as the individual closely resembles the description of an unknown male who may have been involved in an incident on campus last December," the e-mail said.

According to the e-mail, in December of 2008, a female student

was pushed against the wall of the Olsen Bridge by a male attacker while on her way to the Gilbert Sports and Fitness Center.

The female was walking over the bridge late at night when the

CC
This man clearly poses a danger to the entire Thousand Oaks community, including the CLU campus."

Bill Rosser
Dean of
Students

attacker had already gotten away. The police arrived but could not find the suspect.

"Their feeling was, looking at him, that they had nothing like that on campus," Miller said. "The only person who fit the description that she gave was an

man attacked her, Miller said.

She was able to kick the attacker, and he ran away.

When the female arrived at the Gilbert Sports and Fitness Center she contacted Campus Security and the police, but by that time the

Be On The Lookout ...

Authorities are looking for a man connected to over 20 different indecent exposure cases in Thousand Oaks.



Suspect has been described as:
Sex: Male
Age: 30s
Height: 6' 2"
Weight: 180 lbs
Hair: short, dark hair
At the time of the Nov. 6 attack, he was wearing a sweatshirt and sunglasses.

Source: The Los Angeles Times

individual they had been looking for a couple of years who has been involved in sexual type assaults, exposing himself in front of women."

According to Miller, the man had not touched any of the women in the previous attacks, but police said that the attacker could have changed his behavior.

Miller says that crimes are not common at CLU or in the nearby

areas.

"In the city of Thousand Oaks, we have one of the lowest crime rates in the United States, in a city with over 100,000 [residents] and very few of these types of crimes," Miller said.

Those with any information are encouraged to contact Detective Javier Chavez with the Ventura County Sheriff's Department, who can be reached at (805) 494-8229.

CLU students declare war on invasive plants

Service project helps restore environment on Catalina Island

Jesse Knutson
Staff Writer

CLU students set out to Catalina Island with the Community Service Center to lend a hand on the weekend of Nov. 13.

"The purpose of the service project was to remove non-native plants from the island and maintain its natural habitat," freshman Antonella Puglisi said.

The group arrived Friday in time to visit the island's nature center where they were able to see bald eagles and foxes. Then they headed to their campsite for the night.

On Saturday, students set out on their project — removing fennel from hillsides to bring the island to its more native state.

The work was done about three miles west of Avalon, the main city on the island, overlooking Emerald Bay.

"The entire process will take 10 years to complete," Puglisi said. "But our contribution undoubtedly made a difference."

The group used pulaskis — tools that combine an axe and a mattock in one head — to break down the fennel.

That night the group of volunteers gathered around a campfire and enjoyed each other's company.

The group of CLU students left Catalina Island on Sunday after having a free day in Avalon.

Students took advantage of their day in Avalon. They were able to explore different shops and enjoy the atmosphere of the island town.

"It was a great opportunity to do something working toward a greater good as well as meet some new people," Puglisi said.

"I am definitely taking part in some more programs with CSC and would really recommend that everyone try some sort of volunteer program through our school this year."

The CSC is continuing toward its goal of 50 service projects to highlight the 50th anniversary of the university, and Stine Odegard, director of the CSC, is looking forward to the upcoming projects.

"They're all so different, and that's why it's so great," Odegard said.

The CSC currently runs the popular Adopt-a-Family program, where in celebration of 50 years of CLU, the CSC invites students to help sponsor 50 families and children this holiday season by purchasing gifts for the people they sponsor.

When signing up, students are able to choose to sponsor a family or child through three different agencies that include Casa Pacifica, Lutheran Social Services and Padres Contra El Cancer.

All three agencies have different dollar approximations that they estimate for the family or child's gifts.

[See CSC, Page 3]

Food, entertainment and culture bring students together at event

[WORLD FAIR, from Page 1]

prepared so that students can enjoy a little taste for world culture as well. It has been a "hot-ticket" item for many people.

"I really enjoyed the food and entertainment at the World Fair. It's great to just get some dinner, sit down with some friends and watch the Sumo-Wrestling," junior Michelle Jorgensen said.

On top of all the decorative tables, food and music, live entertainment was also provided, which included Sumo-Wrestling and a drum performance.

"It was such a great performance. Plus I have never seen anything like it before. It added an extra cultural experience to the fair," sophomore Evan Reed said.

As the night went on people came and went, taking with them new cultural knowledge that the World Fair worked so hard to promote.

"I was so nervous at the beginning when people were going to start to show up. I just wanted everything to run smoothly, and I would have to say that things couldn't have run

better," said junior Brad Yajima, president of the Asian and Friends Club.

The World Fair offered students an opportunity to be exposed to different world cultures, providing them with global awareness and appreciation for culture.

"It's all about promoting diversity and meeting new people," Kvelland said.

"The World Fair is as great as the people who attend and help make it possible and those are the people that I have to thank."

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Numbers may show improvement over 2008

[SHOPPING, from Page 1]

most of the time," said Alex Aguiagua, a Black Friday shopper for three consecutive years.

The tough economy may have impacted sales this year, but numbers show an improvement over last year.

"We missed our goal this year at Michael Kors, but we exceeded our goal over last year. I don't think it's the economy that affected this year's goal because the outlets have thrived in this economy, and we are supporting our retail stores," Brown said.

"We had around 5,265 shoppers last year and about 250 more this year. With only an increase of \$1,000 more over last year."

For deal-seeking shoppers, Black Friday provides some of the year's best bargains.

"It's fun and exciting to shop Black Friday," Aguiagua said. "When else is it acceptable to shop at 2 a.m. with your pajamas on?"



Photo by Carly Schmidt - Staff Photographer

Shop "Till You Drop: Holiday shoppers braved the Black Friday crowds at The Oaks Mall in Thousand Oaks. Consumers were after the exceptional deals as retailers were looking to make up for a slow year.

Tree sparks discussion about virus

[HIV/AIDS, from Page 1]

by an HIV-positive mother (to her child) during pregnancy, childbirth or breastfeeding but with effective treatment and care the risk of transmission can be greatly reduced.

Every year World AIDS Day has a certain theme, and for 2009 it is the reality of HIV/AIDS today.

The theme uses real people and real situations to present true accounts of how HIV affects people living in the UK, as well as dispelling myths, misinformation and confusion.

CLU can help in the fight against HIV/AIDS by just talking about the disease and spreading ways of protection against it.

"It is great that our school is willing to put something up like that to promote awareness of such an unfortunate disease that can affect so many people," junior Brittany Clark said.

UC Board of Regents approve tuition increase

Students across California protest 32 percent raise

Jakie Rodriguez
Staff Writer

Textbooks: \$175, notebooks: \$4, calculator: \$80, college education: priceless?

With an increase in tuition prices at all University of California schools, is education really priceless?

On Thursday, Nov. 19, members of the UC Board of Regents voted in favor of a 32 percent increase in tuition costs across the UC system.

"The chief reason why there was a vote in the increase of tuition is because UC schools are not getting the amount of money they should be getting from the state," said Dennis Sambolin, University of California, Los Angeles, undergraduate student.

So that the schools can continue to function as they currently are, a raise in tuition was seen as necessary among most regent members.

"The decision passed in a 20-1 vote, where the only regent voting against the increase was a University of California, Santa

Barbara, student," Sambolin said. The 21 individuals who voted represent all UC schools, so the increase will be seen at all UC campuses.

Passage of the hike means a \$2,500 increase in tuition beginning next fall.

"Next (school) year will mark the first time in the history of the UC schools that the tuition will cost over \$10,000," Sambolin said.

The decision to increase tuition was met with opposition as thousands of students from UCLA and other UC schools protested.

"Students gathered near the parking structure where most regent members had parked their cars, in an attempt to make a clear statement of disapproval," Sambolin said.

Most of the protesters were peaceful; however, some did manage to get arrested.

According to Sambolin, students with bullhorns came into the lecture hall and started yelling "Walk Out." Professors had to stop teaching because they simply could not be heard.

Further distractions from classes included helicopters flying around campus and news reporters and camera crews searching for interviews.

While the protesters succeeded in getting their message across,

their actions will not likely reverse or alter the decision of the regents.

"I don't see student protests altering the financial realities these institutions must address," said Bill Rosser, vice president for Student Affairs and dean of students, at California Lutheran University.

Due to the economy and budget cuts from the state, the decision to raise tuition costs was seen as unavoidable by some.

"State budget problems are so severe at this time, significant tuition increases at public colleges and universities in California are inevitable and not surprising," Rosser said.

Despite the increase in tuition, UC schools will continue to offer financial aid to students to help keep college affordable.

In an attempt to balance the higher costs, CNN reported that there will be an increase in the "level of financial assistance for needy low and middle income students."

For students who do not qualify for financial assistance, tuition costs are still low compared to other universities.

Not all students view the raised tuition in a negative manner.

Some CLU students are in favor of the higher tuition since it will

allow the UC system to continue to be able to provide for all of its students.

"The schools obviously need the money to maintain their school and compared to other schools, their tuition will still be quite low," said junior Mari Escamilla.

While protests are likely to continue across UC campuses, the decision remains on target to begin next year.

Center offers variety of projects

[CSC, from Page 2]

Many more projects will be available throughout the year.

The range of events include on-campus events, events in Los Angeles, international events, as well as events that take place over a weekend or even a full week.

One weeklong event that is popular with students is Alternative Spring Break.

This year, students will travel to El Salvador with Habitat for Humanity to build homes.

The Community Service Center has kept a high profile among students because of students' desire to serve as well as for the T-shirts that the CSC has every year.

Last year there were 2,373 recorded volunteers, including

groups and individuals from all across classes and majors.

"We hope people will have fun, meet new people, have great experiences and maybe learn something and challenge their thoughts," Odegard said.



For more information visit www.callutheran.edu/student_life/csc

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CALENDAR

| | | |
|--|--|---|
| Wednesday December 2 <ul style="list-style-type: none"> The Need: Wellness Stress Relief 10:10 p.m. SUB Common Ground 9:11 p.m. Samuelson Chapel | Thursday December 3 <p><i>"How did it get so late so soon? It's night before it's afternoon. December is here before it's June. My goodness how the time has flown. How did it get so late so soon?"</i></p> <p>~ Dr. Seuss</p> | Friday December 4 <ul style="list-style-type: none"> Adopt-a-Family 5 p.m. SUB Christmas Festival Concert 8 p.m. Samuelson Chapel Christmas Chaos 9 p.m. SUB |
| Saturday December 5 <ul style="list-style-type: none"> Celebration of Kwanzaa 10 a.m. Lundring Events Center Christmas Festival Concert 8 p.m. Samuelson Chapel | Sunday December 6 <ul style="list-style-type: none"> Christmas Festival Concert 4 p.m. Samuelson Chapel Las Posadas 7 p.m. SUB | Monday December 7 <ul style="list-style-type: none"> History of Psychology Symposium 11 a.m. Samuelson Chapel ASCLU-G Senate Meeting 5:20 p.m. Nygreen 1 ASCLU-G Programs Board Meeting 7:30 p.m. Nygreen 1 |
| Tuesday December 8 <ul style="list-style-type: none"> Hanukkah Celebration 4:30 p.m. SUB | Next Week: December 9-December 15 <ul style="list-style-type: none"> Commuter Connection Lunch The Need: Skyler Butenshon Santa Lucia Festival of Lights Common Ground <p>Do you have an event to submit to the Echo? E-mail date, time, location and contact information to echo@callutheran.edu</p> | |



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add \$2 for potato wedges (6pm - close)

Friday Late Night Stuft Hour - 25% off all appetizers and drink specials (9pm - midnight)

FEATURES

Student prepares for study abroad adventure

Kendal Hurley
Staff Writer

About to leave everything she knows behind, CLU sophomore Rebekah Casas is preparing to study abroad in New Zealand at Auckland University of Technology for the 2010 spring semester.

Casas will leave California Lutheran University in early February and return to the United States at the end of June.

"I've always wanted to study abroad," Casas said. "It was just a matter of what year would be the best for me."

Between the required psychology classes she has to take and a heavy varsity soccer schedule, Casas finally found time to travel to New Zealand next spring.

Even though she has always wanted to visit the country, Casas also chose New Zealand because the scenic locations would suit her passion for photography.

Not only for Casas, but for all students interested in studying abroad, the process can start as soon as one inquires at the Study Abroad Center on campus.

The center holds information sessions every day at 2:30 p.m., so students can learn about the different programs and countries they can study in and have any questions answered.

The center is also available for individual appointments to discuss course planning, financial aid or general questions to prepare students in advance.

"You really can't be prepared to be thrown into such a different world," said sophomore Lizzy

Schmitter, who has been studying abroad in Argentina for the past semester. "But I was prepared as anyone really could be."

After a student makes the decision to study abroad, they have to apply through online programs to the university they want to attend.

Casas applied through an online program that CLU works with and was accepted on behalf of the university.

The first event that is held for students who plan to study abroad is the pre-departure fair.

"This is an opportunity for students to start thinking about the experiences they are going to have abroad," said Stephanie Shaker Sullivan, programs specialist in the Study Abroad Center. "The culture shock they may encounter, health and safety issues, packing, managing money and academics."

The final event before students travel overseas is a pre-departure dinner before winter break, where

they will be given last-minute information on what to expect and other important details.

"Outgoing students meet with study abroad mentors who have previously studied abroad in their anticipated country so they can better prepare for their own semester abroad," Shaker Sullivan said.

The application process consists of many forms and keeping in

contact with both the university the student will be traveling to, as well as CLU. There are different forms that are required depending on what university students plan to study at and different due dates for each form.

"It takes time, but if it was easy, everyone would do it," Casas said. "I'm still going through the process."

While in New Zealand, Casas is

expecting to take courses on the history of New Zealand, upper division English, psychology and the culture of the country. She has to get her planned courses approved through CLU before she leaves.

"I'm not scared," she said. "I'm ready to start an adventure."

For more information
www.clunet.edu/studyabroad



Photo by Doug Barnett - Staff Photographer

Ready to Explore the World: Rebekah Casas is preparing to study abroad in New Zealand during the 2010 spring semester.

Kingsmen and Regal quartets create quality music



Photo by Erik Hagen - Creative Media Center

The Best of the Best: Tryouts were held to select the most superior students to be a part of the esteemed Kingsmen and Regal quartets.

Emily Peterson
Staff Writer

The Kingsmen quartet dates back to the beginning of the CLU's history and is still one of the most entertaining groups on campus.

At first, there wasn't a women's

quartet at California Lutheran University; the Regals started as a women's trio. In the last 15 years, there has been both a women's and men's quartet.

Dr. Wyant Morton, chair of the music department and quartet advisor, holds a competitive audition at the beginning of each

sophomore Ryan Strand, member of the quartet for two years.

Dr. Morton chooses each member of the quartet carefully, sometimes asking for the opinion of returning members to make sure voices blend and there are no major personality conflicts.

This year was the first year that

school year, where people audition for one of four spots in the quartet.

The audition is open to anyone in the CLU Choir, but tryout members cannot be in the women's chorale and cannot be a random musician on campus. Each quartet audition is held separately.

"I would tell everyone to audition because you never know who the perfect piece to the puzzle will be," said

Morton held callbacks due to the large number of talented musicians who tried out.

"I think these student musicians are great ambassadors for the university and they are some of the brightest, best and most talented students," Dr. Morton said.

The quartet groups meet twice a week as an octet and once a week as separate quartets.

The quartets perform on their own, in completely student-run performances, as well as in concerts with choral ensembles.

Wyant Morton
Quartet Advisor

The quartet consists of two sopranos and two altos in the women's and two tenors and two basses in the men's.

"Making music in such a small group puts pressure on everyone to hold up their end of the deal. If one person is missing, a part of

your success is missing," Strand said.

The quartets sing a wide variety of music from sacred music, pop music, Christmas carols and even the national anthem at school events.

"We perform for concerts as well as gigs around campus, such as singing the Star Spangled Banner or Alma Mater at sports games," said senior Katey Wade, member of the quartet for four years.

Recently, the quartets have performed at events such as Homecoming, orientation, football games and CLU's 50th Anniversary.

They have chosen their music for the upcoming Christmas concerts and are now focusing on rehearsing those pieces. Once the Christmas concerts have ended, they will focus more on the repertoire for the spring concerts and the national trip to Italy.

The quartets will be performing during the Christmas concerts on Dec. 4, 5 and 6 in Samuelson Chapel.

CAMPUS QUOTES: If you had access to a time machine, where and when would you go?

Antoine Adams



"I would go to when dinosaurs were alive!"

Paul Gebhardt



"Probably back to my freshman year so I could redeem myself."

Lorraine Pimental



"WWII because people were patriotic and classier."

Ashley Casella



"The 80s so I could see Guns N' Roses in its prime."

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@callutheran.edu

Committed to keeping CLU campus safe

Michele Manfredi
Staff Writer

Small but efficient, the campus police at CLU keep the campus safe 24 hours a day.

Fred Miller has worked at California Lutheran University as the director of Campus Public Safety for only a few years, but his experience should not be underestimated.

"I am a three-year Naval Officer, rank of Lieutenant and was assigned to Naval Security Group. I also had a career with the FBI; my primary assignment was the Security Manager of the LA FBI Office," Miller said.

Miller, a 35-year resident of Westlake Village, was a student at CLU in 1975, when the school was still called California Lutheran College.

Miller knows CLU's campus front to back and is always keeping his eyes open for anything suspicious.

"Since the start of the fall se-

mester, we have had no reported major thefts, including computer theft, which is [usually] big on campus," Miller said.

Theft is always a problem among college campuses, but Miller hopes to keep CLU's theft rate as low as possible.

"Since the start of the fall semester, we have no reported major thefts, which is [usually] big on campus."

Fred Miller
Safety and
Security
Director

Some students do not appreciate the work of the campus security because they assign parking tickets to students who park illegally or

in the wrong lots.

"When one gets a ticket the first reaction is to criticize the parking program, but CLU is one of the very few college universities that does not charge a fee for parking, and is one of the few schools where one can park on campus and walk within 10 minutes to any class or office," Miller said.

Therefore, parking in the wrong lots should be easy to avoid.



Photo by Nick Gilliam - Staff Photographer

24-Hour Responsibility: Fred Miller's job requires him to keep the campus safe at all times.

"I personally have not had any problems with the campus security," junior Matthew Allen said.

However, others haven't been as fortunate when it comes to ticketing.

"Tickets? I haven't received one yet, but my girlfriend was not too happy when she got ticketed on the first week of school when people were still in the process of getting their new parking passes," senior Jordan Ott said.

CLU's campus is in the center of multiple neighborhoods, making it difficult to keep the neighbors happy about noise past a certain hour.

"We depend on the excellent cooperation with the city of Thousand Oaks Police and Ventura County Sheriff Department," Miller said.

"We also hold quarterly neighborhood meetings to discuss

campus issues, and if a neighbor complains, we respond immediately and notify the police if needed."

Each year a Cleary Report, which records all the crimes on college campuses, is given out.

"CLU has a very low rate, with most reportable crimes being reported as zero occurrences. I encourage students to look at our report," Miller said.

Campus Safety has come a long way since 1977 and still wishes to progress its safety each year.

Some of Miller's goals for CLU's Campus Safety include the professionalizing of the public safety staff, adding emergency phones around campus, increasing cooperation with local and federal law enforcement and creating a green, environmentally friendly Campus Safety and Security Department.

THE FASHION PLATE: A HEALTHY SEARVING EACH WEEK

Rent the runway for the holidays



Heather Taylor

'Tis the season to be jolly, fa-la-la-oh, who are you kidding?

The greatest time of year is filled with the nonstop action of holiday functions, parties and family get-togethers to attend. Add on endless studying for exams and last-minute gift shopping and it seems like there might be something missing. Something like... the perfect dress to wear?

Maybe you haven't seen the dress yet because there hasn't been enough time to shop around. Maybe you started this search early on and found the dream dress and stuck it in your online shopping cart, checking on it daily to make sure it was still there.

Then, one morning (like today, for instance) you decided to check on it and somehow the most beautiful clothing soul mate ever sold was out of your size.

The latter just happened to me and I can assure you, it was the worst morning ever.

Project Runway

Harvard graduates Jennifer

Hyman and Jennifer Carter Fleiss have felt that pain. The pair teamed up to create Rent the Runway, an online shop that allows subscribers to rent a designer dress for 10 percent of the retail price (about \$50 at a minimum and \$200 maximum).

Once you sign up and accept your online membership invitation, you can shop either by occasion (New Year's Eve, Sorority Party and This-is-Getting-Serious-Date, to name a few) or by designer, picking anyone from Proenza Schouler to Diane von Furstenberg.

Once that dress is selected, pick your size and block out the dates that you plan on wearing the gown. These dates can range between four to eight days.

If you aren't quite sure of your exact size, Rent the Runway includes a duplicate dress in a different size at no additional cost.

The dress will arrive within two to three days after placing your order in a special garment bag with a Fit Kit attached. The Fit Kit is exactly how it sounds; a kit loaded with items to ensure that your dress fits and flatters your shape just right.

After the party is over and it's time to return the dress, Rent the Runway includes a pre-paid, pre-addressed return envelope to

send it back in.

Don't worry about dry-cleaning. Rent the Runway partners with Slate Dry Cleaners in New York City and will only send out dresses that have a 100 percent fresh approval.

Stray beads that fall off? A small drink spill on the sleeve? Rent the Runway allows subscribers to pay an additional \$5 insurance on the garment so that the dry cleaners can tend to these accidents.

Any significant damages, such as burn marks or any seams ripped apart, are not tolerated and as a subscriber, your credit card will be charged the full retail price of the dress.

These are rental dresses after all, so exercise caution when wearing them.

If the dress turns out to be your match made in couture heaven, you won't be able to convince Rent the Runway to allow you to keep it, since it is a rental store.

RTR does love and appreciate all of your feedback, so be sure to e-mail them about your dress experience and any other designers you'd like to see the store carry.

Holiday shopping has never been so easy.



For more information
www.renttherunway.com

the Echo
2009-2010

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HOW TO... Use self-defense techniques for protection



Alexandra Butler

It's mid-night on the Tuesday before finals and you're exhausted because you just finished studying for the biggest test of your college career. You put on your headphones and sweatshirt hood because it's freezing out and you slowly shuffle home.

There is no one around, and suddenly from behind, you are violently thrust to the ground and hear the words, "Give me your f@*#\$@#\$\$ wallet!" What do you do?

Attacks have been reported on campus numerous times, as recent as last month. Just because our campus is located in Thousand Oaks, once touted as the safest city in America, it does not mean we live in Pleasantville.

Students need to remove their infamous "CLU goggles," which cause us all to see the world as the safe, picturesque setting depicted in our campus brochures. Such perceived perfection impairs our ability to deal with the danger around us and leaves us unequipped to handle threats that can invade our lives.

Paul Guarino, a defensive tactics instructor, and instructor of the program called Less-Lethal Weapons, shared a few major tips that will keep any student safe when being robbed.

"You want to create the space. If they want your wallet they'll get it; throw it the other way and run. However, you definitely want to watch what you keep in your wallet, such as a social security card," Guarino said.

As a student, you should keep all items such as birth certificates and identification cards in a safe in your dorm. Even carrying cash on you is a better idea than a debit card. Debit cards can lead to identity theft and most likely the attacker just wants money.

Eric Cusson, instructor of the program Rape Aggression Defense Systems, has been involved in Martial Arts for nine years. The R.A.D. program is a self-defense program designed for women and is taught around the nation. Through his experience, he knows that it doesn't matter what strength a person has.

"Men have natural strength; however, technique beats strength," Cusson said.

In his class, a 110 lb. woman can out-perform a 200 lb. man with technique alone.

Both experts explain five basic

steps everyone should know to keep himself or herself safe from predators.

1. Be aware.

Be conscious of where you're going and who is around you. During the night, park your car under lights and look around and under your car before you get in.

"[Criminals] are looking for the ones who are not paying attention. You should have keys in your hand before leaving the store.

Having mace and pepper spray (which you can purchase online) on your key ring is helpful as well; if it's in your purse, it's not accessible," Cusson said.

2. Appear confident.

The way you look is more than the clothes you wear; it is being prepared.

"They are not looking for a fighter. Look confident," Guarino said.

Attackers prey on the meek. This means not walking with your iPod turned on or with your head down.

Create a strong presence with your head held high and walk briskly.

3. Keep a distance.

Make sure you have your own space. If you are asked for an item, throw it and run. If you are physically attacked, scream, yell, kick and punch. All these things will create leg room for you to run. Remember: eyes, nose, groin.

"If you decide to fight, fight to take his eye out," Cusson said.

Some people will respond differently, but if fighting is your reaction, do it 100 percent. Kick to kill and fight for your life, because being weak will not save you. If you go for the eyes, literally try and take them out; then run!

4. Be your own witness.

One mistake victims make is closing their eyes and waiting for the horrific attack to be over. They think that if they fight the attacker will kill them. If this is your reaction, remember to keep your eyes and ears open.

"Look at hair, eyes...even dig your nails in the skin to get DNA," Cusson said.

Be able to identify where you

were, along with what your attacker looked like.

5. Be verbal.

Scream and scream loud. Create as much attention to yourself as possible. In fact, yell fire!

"People come to a fire faster than they come to help," Cusson said.

Help is a very general term that bystanders may choose to ignore. However, fire is a tangible danger and they will be more willing to help.

The biggest mistake anyone could make after an attack is practicing self-blame. Spare the self-pity and save yourself. There is no time to waste.

If you are a victim who has been assaulted, go straight to the hospital or police. If you are ashamed, it is your decision to hide the event from your friends. However, the police and doctors are specifically trained to help and find the perpetrator.

"During a physical attack and the event of penetration to the body, women want to shower. This will wash away any important evidence. Women should get a rape assault exam at their local hospital before showering," Guarino said.

Hospitals can even call the police for a victim.

Getting an exam can really help police find the criminal and put them away in jail. If a victim doesn't feel emotionally ready to talk or to look for help, the least they can do is help give evidence.

Keep in mind, many

women joggers have been assaulted around the CLU campus. It is theorized that joggers are targeted because they are exhausted, alone and have no keys or weapons on them.

Run in pairs during the day. Make sure someone knows where you are at all times. Also, carry pepper spray while you run, which can save you from an attacker. If the protection is in a fanny pack, it will not do you any good. It needs to be in your hand.

The worst thing is to think that this will not happen to you. Walk confidently and be prepared. Take a self-defense class; this is not only a great workout but also a skill for life.

The nearest R.A.D. classes are taught in Newbury Park at the Women's Self Defense Empowerment Group.

For men looking to learn self-defense, there is an Elite MMA gym near campus. They train UFC fighters and have many workouts to choose from.



For more information
www.pepper-spray-store.com

Nonprofit group LiNK helps refugees

Emily Petersen
Staff Writer

More than a million people died on the other side of the world in the 1990s and hardly anybody noticed; this was in North Korea.

People starved and were imprisoned in concentration camps. They crossed borders in search of protection, food, money and freedom that they had never known. To this day, this place continues to be a land with almost no freedom.

Two individuals learned about what was happening in North Korea and decided to form an organization to help spread awareness to make real change about this little-discussed topic. The nonprofit organization, called LiNK, was created in 2004.

"I was so compelled to join this organization. The reason I decided to join LiNK is because they are working with an issue that has been ignored," said Chris Onesto, South East Nomad member.

North Koreans are considered illegal migrants in China. They are sent to concentration camps, and if they are caught by Chinese officials, they are sent back to North Korea.

The underground movement in South East Asia was established to bring refugees out of North Korea, allowing them to live safely in official safe houses.

"It was awesome to get to work with an organization with people who know more information about the crisis in North Korea," said Pedro Lopez, Nomad member.

North Korea is suffering unnecessarily due mainly to the government ignoring their citizens' needs. The situation is always changing, and there are many different governments involved.

Even though to some people LiNK's work might seem small, the four teams located in the United States focus on helping North Koreans. Each refugee has a great story about their survival, and many give their testimony of hope, showing the progress they have made due to LiNK.

"During this experience, I learned how to address a crowd and how to present this issue in a compelling way in order to change how people view North Korea," said Chelsea Marcum, Nomad member.

As Nomads, these interns are challenged in many areas. They get a chance to see how other people are exposed to life's obstacles, while working on behalf of those who live in North Korea.

"On the flip side, there can be bad news. One refugee was ready to get settled and was rejected, which is hard to hear because we started to build relationships. When a refugee is rejected it's hard to see them struggle," said Onesto.

In Jan. 2009, LiNK created tours across the United States to raise funds and educate the population. Groups got together at underground tours, universities, high schools, elementary schools, private homes and even coffee shops to share this information. Tours are a crucial part in helping to spread awareness.

All programs are funded by ordinary people, making LiNK very much a nonprofit organization.

"I've met some of the refugees, and it has been so cool to see their lives now," Marcum said.

Their goal is to raise funds to resettle 100 North Korean refugees.



For more information
www.linkglobal.org

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OPINION

Millennium goals take a backseat to weak economy

With only six years until the achievement date, the Y2k Developmental Goals that were created to improve the world, now seem unreachable as things are even worse than before



Anna Meyer

In Sept. 2000, 189 nations signed a set of eight Millennium Development Goals (MDG) created at a United Nations summit.

According to the UNAIDS Web site, these goals were developed to bring nations together to better the world as a whole.

These goals were supposed to be achieved by the year 2015.

I don't know about everyone else, but I had no idea these goals existed until Pastor Scott preached about them in chapel a

couple of weeks ago.

Some of the major goals include preventing the spread of AIDS, eradicating hunger and poverty, obtaining primary education for all children and improving maternal health.

Father Time is ticking; only six years remain to achieve these goals that aren't even close to completion.

The U.N.'s 2009 Millennium Goals Report stated that these goals have actually gotten worse.

The lack of progress has been blamed on the international economic crisis.

It is expected that by the end of 2009, an estimated 50 to 90 million more people will be living in extreme poverty.

Extreme poverty means that you are living on less than a

dollar and 25 cents a day.

The attempt to eradicate hunger has also ceased advancement due to the higher prices of food.

Hunger in developing nations has risen from 16 percent to 17 percent.

It is expected that by the end of 2009, an estimated 50 to 90 million more people will be living in extreme poverty.

The economic crisis has also affected the hopes of bettering maternal care and women's rights and employment.

In reading the MDG 2009 report, I found that half of the 72 million children worldwide

who are not in school have never entered a classroom.

This not only affects the MDG's goal for all children to receive primary education, but also affects the hopes of decreasing child mortality and the amount of undernourished children worldwide.

Research has shown that mothers who have received greater education are less likely to experience child mortality, and that educated parents have healthier children.

The question is what are we doing as a nation, as a university, or as individuals to achieve these goals?

However, there are organizations such as the Puget Sound Millennium Goals Project that are dedicated to attaining

these goals.

For example, the organization supports the President pledge of \$845 billion to the U.N. to help eradicate poverty.

We as a nation and a world have prided ourselves in accomplishing these major goals, but ending world hunger isn't something that can be done overnight.

We need to re-focus.

Instead of just sending food to Africa we could be teaching the country's people how to grow and sustain their own crops.

Instead of building more correctional facilities we could be building schools.

Were these goals implemented simply to produce good standings and statistics, or to improve a way of life?

Has Hollywood lost its creative touch?



Caitlin Coomber

What's happened to all the originality and imagination in Hollywood?

It's feeling more and more like the same 10 ideas keep getting recycled back.

Last week I was telling my dad about the movie "The Proposal" with Sandra Bullock.

Sandra's character Margaret is a corporate executive and an immigrant from Canada.

Threatened with deportation, she fakes an engagement with her male secretary who is a U.S. citizen.

The unlikely couple cannot stand each other, but a weekend away from the office convinces them, and a skeptical immigration clerk, that there may be something more.

I was in the middle of telling my dad how funny, fresh and different "The Proposal" is from most movies I have seen in a while, when he stopped me mid-sentence with a question: "Hmmm... that sounds familiar. Have you heard of 'Greencard'?"

Apparently, it's a 90s movie with a similar plot.

I was surprised, but not entirely shocked.

Hollywood is notorious for movie remakes and, lately, sequels.

The appeal of such movies is simple.

I think of it as sort of a formula that they keep following.



Photo courtesy of ssc.hu

If an older movie has earned a lot of money and hasn't been watched by the latest 20-something generation, it is time for a remake.

This is evident in movies like Footloose, The Omen, and this season's "A Christmas Carol" with Jim Carrey.

If all the screenwriters are on strike, they make a movie "based off the popular comic book series: [fill in the blank]."

Add an already famous movie star, and bam, you have yourself a multi-million dollar movie and maybe even a franchise with action figures and Halloween costumes.

Spiderman, Ironman and Batman were packed full of scene-stealing car crashes, bomb explosions and predictable action movie shtick.

It's getting old, but more movies, such as "Green Lantern" and "Gambit," are in the works.

Perhaps the worst offenders though, are sequels.

Remember the happy ending in Bullock's movie "Miss

Congeniality"?

Her character was a CIA success and had landed the man of her dreams.

Five years later, the sequel broke the happy couple up and began where her bitter break up left off.

I found it to be depressing and irritating.

Hollywood screenwriters are even running out of name ideas.

The "Fast and the Furious" film series has been given the titles: "The Fast and the Furious," "2 Fast 2 Furious" and "The Fast and the Furious: Tokyo Drift" and most recently, "Fast & Furious."

Then there are the sequels made years later that induce the hair-pulling frustration and cries for our favorite childhood characters to be left alone.

"Toy Story 3," anyone?

We don't want to see Andy go to college and donate Buzz and Woody to a day care.

There is a such thing as overkill, and the latest Hollywood movies are beginning to reek.

'Tis the season to spend money

Homemade gifts and bargain hunting will give student shoppers a better chance of making ends meet this holiday season.



Linsey Mead

Deranged mothers in mini vans, hopped-up on eggnog lattes, take their early morning stances outside Wal-Mart doors in hopes of purchasing the store's last Barbie dream house.

It's that time of year again; bargain hunters are on the prowl.

For years, stores have thought of just about every possible way to coax innocent, broke college students in to purchasing extravagant holiday gifts.

Shopping online can not only save you money, but also your precious time and gas.

With the economy on a downturn, spending money for the holidays seems practically out of the question.

How can we resist the temptation, but still fulfill our desire to give during the holiday season?

Unfortunately for students, shopping on a budget can be tedious and time-consuming, so here are a few budget-friendly suggestions.

Nothing says "Merry Christmas" like a homemade gift.

Harness your creative juices and build a scrapbook or photo

collage, or for those who knit or crochet, whip-up a colorful beanie and scarf.

As students we spend a ridiculous amount of time on the Internet.

Why not spend one less hour on Facebook and do your shopping online?

Shopping online can not only save you money, but also your precious time and gas.

Often, you can find cheaper prices and better deals on store Web sites.

And don't worry about shipping costs because shoe retailers, such as Steve Madden have cut all shipping costs if you buy on their Web site.

If you prefer going to the stores, grab a newspaper and check the ads for coupons and bargains.

This season I have found coupons that knock off up to 50 percent of your purchase.

So before you head out into the madness, my advice to you is to make a list of everyone you are shopping for and what you want to get them.

Planning can make your shopping experience a little less like the mothers at Wal-Mart and almost enjoyable.

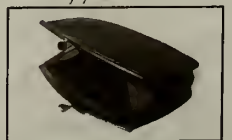


Photo courtesy of ssc.hu

The 'turkey drop': an inevitable holiday heartbreak



Robert
Amey

Everyone adores the holidays' hearty meals and extra time with family and friends.

It can also be a time for love to prevail, or dramatically fail.

Most students begin long-distance relationships with good intentions, but often experience a break-up as the Thanksgiving break approaches.

This unfortunate event has been coined as the infamous "turkey

drop."

Some students don't have the chance to go home until Thanksgiving, and that's when reality sets in, feelings are measured and the turkey drop occurs.

College is full of temptations, and few relationships are able to withstand the distractions that it brings.

But what if you are the holiday heartbreaker? Are you considered the "bad guy?"

I applaud your honesty.

Although it's not the ideal end to a relationship, it's always important to communicate honest feelings.

However, be prepared for crude Facebook messages.

As for the ones whose hearts were

broken, honestly, you should have seen it coming.



Photo courtesy of sxc.hu

A few tissues and a bowl of ice cream should mend an aching heart.

After that, it is time to move on.

Holidays are the perfect time to blame it all on the holiday treats.

No one will never know it was because you were dropped like an 80s beat.

Can cross-country love truly survive?

I have had several conversations with numerous friends and strangers, and received mixed answers.

What seemed to stand out was advice from my granny, "True love can survive anything."

I nodded and smiled because I respect my granny. However, I can't

help but be pessimistic.

After drunken stupors and late-night study sessions, your biology lab partner from first semester is starting to look cuter every day.

It's not just about playing footsie under the desk; college is a period of experimentation.

It's OK to grow apart from the boy-next-door and go after the boy across the hall.

Long-distance couples only work in fairy tales and cheesy romantic comedies.

For those who recently experienced the turkey drop, embrace your freedom and recuperate with a Cold Stone "Gotta Have It" portion of ice cream.



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(NEXT TO RITE-AID)

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Please limit responses to
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Letters to the editor must include your name, year/position and major/departments.

Too much, too soon?



McKenzie
Becker

When I was in middle school, my thoughts consisted of "I wonder if Johnny likes me," or "I wonder if I'm going to be invited to Jenny's birthday party."

Middle school kids today have somewhat different thoughts.

Nowadays, a typical middle school student's thoughts sound something a little more like "I wonder how I can get Lauren to have sex with me..." or "How can I get Joey to like me... maybe if I do him a 'favor' he will like me more."

Over the years, each generation is helping desensitize sex for the next generation.

Middle school youth are engaging in sexual intercourse as early as age 12, according to a study by researchers at The University of Texas School of Public Health.

The study also found that by age 12, 12 percent of students had already engaged in vaginal sex, 7.9 percent in oral sex, 6.5 percent in anal sex and 4 percent in all three types of intercourse.

TV shows such as "One Tree Hill," "Gossip Girl," "Melrose Place" and "90210" are not helping their already askew views about sex.

Although these shows sometimes portray the consequences of sex as a negative, the majority of the time, the consequences remain in the dark.

These shows may be aimed toward high school and college kids, but this does not mean middle school kids don't see the shows.

When I, and many other college students, headed home for Thanksgiving break, many of us watched our favorite shows with our younger siblings just a few feet away.

According to Students Against Destructive Decisions (SADD), youth exposed to sexual content

on television were more likely to overestimate the frequency of sexual activity among peers and are more likely to have more permissive attitudes toward premarital sex.

Families with both parents working also poses a risk to exposure to TV shows that are inappropriate for middle school kids.

When parents leave their kids at home with no adult supervision, they might as well open Pandora's Box.

Our generation is shaping the next generation.

We are so used to watching our favorite shows with our friends and roommates that we forget that our younger siblings are being immersed in a pool of sexual innuendos.

Middle school youth are engaging in sexual intercourse as early as age 12.

Middle school teachers are finding out first hand that their students are far more knowledgeable about sex than ever before.

A friend of mine, who is a middle school teacher, has found out the hard way that middle school students are far more sexually experienced than we realize.

A few students in her class sexually harassed her by using shoe polish on her car to graffiti sexual acts and phrases explaining what they hoped to do to her.

Not only is TV leaving a strong impression on middle school kids, but Internet, music and their older siblings are as well.

With today's technology, iPhones and Blackberrys give opportunity to kids accessing TV shows, Internet sites and inappropriate music.

The Alan Guttmacher Institute says teenagers are "experimenting with a wider range of behaviors at progressively younger ages," especially oral sex in junior high school.

SPORTS

Football team travels in style, comes up just short

Jesse Knutson
Staff Writer

The Kingsmen football team traveled like professionals to Mc-

Minnville, Ore., Friday, Nov. 20.

"We traveled in style. Whether it was the chartered flight, the luxurious bus, or the Holiday Inn Select, the NCAA gave us the op-

portunity to travel like celebrities, and we took advantage of it," senior wide receiver Chris Hammond said.

The Kingsmen won their first

outright SCIAC Championship in school history this season by defeating Redlands in the last regular season game of the year. The win gave California Lutheran University their first NCAA playoff berth in school history.

"We worked extremely hard to get there. To experience that with the guys on the team was great," senior quarterback Jericho Toilolo said.

Friday morning, around 50 members of the CLU football team got on a chartered bus and started their journey to the NCAA tournament.

When the team arrived at Burbank Airport, they were driven out on the tarmac to their own chartered jet, and had door to door service. Most people on the flight had their own row.

The people traveling included football players, coaches, trainers, Athletic Director Dan Kuntz and CLU President Chris Kimball.

Upon arrival, the team headed to Linfield College for practice before heading back to the hotel for the night.

On Saturday, the team arrived to the field early to warm up and be ready for the big game.

The warm-up worked, with the Kingsmen making the first move to go up 3-0 off an interception and then a field goal.

The Linfield offense ended up being too much to overcome for the Kingsmen as they continued their season by beating CLU 38-17.

"I realized the fight we had in us

to win the championship," Toilolo said. "We never quit and always stood by the team."

After the game, the team came out of the locker room to be greeted by supporters and family who traveled up to McMinnville to support the Kingsmen. They were met with congratulations on a successful season that led them to the NCAA tournament.

"We went up there with one goal; to win the football game," senior defensive back Garrett Redd said. "I reassured the nation that I am the most dangerous player when the ball is in my hands and that the experience with my teammates was second to none."

The team started out and ended their journey with a great attitude and constant showing of how much fun they had together.

On both of the plane rides, many members of the team raised their hands in the air during takeoff like they were on a roller coaster. Others who aren't accustomed to flying held on for dear life.

Throughout the season and with their trip to the NCAA playoffs, the Kingsmen football team has grown together to be brothers, and will continue to share experiences together for the rest of the school year.

"We grew into a family and I loved spending time with those guys," Redd said of his team. "Competing with them every day and having the opportunity to showcase 'Lu Ball' on Saturdays was an incredible experience."



Photo by Scott Chisholm - Sports Information

Tenacious D: Justin Haulcy-Bateman broke up two passes but the Kingsmen couldn't overcome Linfield College.

Senior co-captain has SCIAC glory on her mind

Rachael Hubbard
Staff Writer

The California Lutheran University women's basketball team looks to one of two promising new leaders this year.

Every year forward/center, Nita Sims improves her game and this year is no different. In her final year playing for the Regals, Sims is in her prime.

This senior co-captain resides in Santa Barbara, Calif., and attended Bishop Garcia Diego High School. Sims played four sports throughout her high school career including basketball for four years, volleyball for three years, softball for two years and one year of track.

She earned all-Tri Valley League selection all four years in high school, was a three-time first team, one-time first team pick, first team all-CIF for basketball two years and honorable mention once for volleyball.

To improve her game this year, Sims started with getting and staying in shape.

"It is an area where I have often

struggled and really does determine how well I perform in all other aspects of my game," Sims said. "Other than that I need to continue to take advantage of all of our practices because they really are where improvements are made and players are able to grow. I also need to recognize that this is my senior year and I need to be able to play every game as if it is my last," Sims said.

She wants her last year at CLU to be successful and has set some goals for her team.

"We have a lot of talent this year and definitely have the ability to do big things if we are committed to working hard. I know that we have the ability to make it to the SCIAC tournament, and who knows maybe a championship is in the picture as well," Sims said.

Last year was one of Sims best statistically. Sims was one of two players to start all 25 games. She led the team in scoring (11.7), rebounding (6.1) and blocks (0.5) per game.

She was chosen twice for CLU Female Athlete of the Week

(Nov. 17-23, Jan. 12-18).

In SCIAC, she ranked in scoring (8th), rebounding (10th), free throw percentage (11th), field goal percentage (12th), blocked shots per game (13th), and minutes played (23rd).

On Nov. 22, 2008, Sims recorded a double-double with 24 points and 11 rebounds against Cal State, East Bay, at the home opener for CLU. She also recorded her career high of 25 points against Whittier College on Jan. 8, 2009.

"Nita is a very distinct and unique person. She was second team all-conference last year and is now a role player and showing how great of a person she is," head coach Roy Dow said.

Sims gives thanks to her teammates for her success over the years.

"Being apart of a team is so important and really has inspired me in so many ways. My teammates have gotten me through so much throughout the years and I know I would not be able to do what I do without them," Sims said.

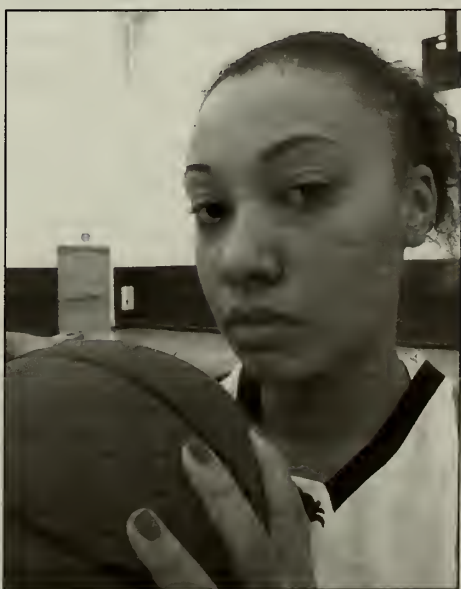


Photo by Maxx Buchanan - Staff Photographer

Leading Lady: Nita Sims is one of two seniors on the Regals team this year.

Lifelong swimmer becoming a leader at CLU

Sophomore sprinter hopes to improve in SCIAC standings

Sara Grimes
Staff Writer

He started in the water at an early age and soon after swim lessons he was enrolled in club swimming. Sophomore sprinter Quinn Smith has been swimming for 14 years now and just keeps getting better.

"I excelled at swimming at an early age and continued with it until now. Also, my mom swam all her life, so she probably was a big influence in keeping me in the water," Smith said.

Before becoming a Kingsman, Smith swam for Curtis Senior High School in his hometown University Place, Wash.

Within his four years as a Viking, Smith earned Top 5 state finishes in the 100-yard free and Top 10 in the 50 free.

In 2006 and 2007, Smith was a member of the water polo state championship teams. Smith has also taken part in club swimming



Photo by Carly Schmidt - Staff Photographer

In His Element: Quinn Smith has been swimming for 14 years.

throughout his youth.

"Quinn brings a lot of character to our team, you can always count on him to be cracking jokes at morning practice," sophomore

sprinter Gabriella Gomez said.

As a Kingsman, Smith brings personality to the team and his teammates. His strokes consist of the 50 freestyle and the 100

freestyle. He is a member of the school record 200 and 800 free relay teams.

Last swim season Smith qualified for the consolation finals at the SCIAC Championships.

He took 16th in the 50 free with 22.16 seconds and 14th in the 100 free with 48.47 seconds.

"He is only a sophomore so the best experiences and memories are still to come. This year he is

The long and hard workouts may not be Smith's favorite aspect of swimming but the payoff of becoming faster and an overall better swimmer is.

"My goals would be to go at least a 20-low in the 50 freestyle and a 46-low in the 100 freestyle," Smith said.

CLU kicked off the swim season Saturday, Oct. 24 at Pepperdine University for the Malibu Invitational.

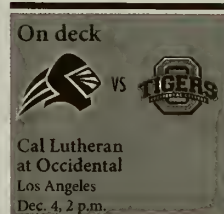
Since then they have also participated in the Cal Poly Shootout the weekend of Nov. 6-7 at Cal Poly San Luis Obispo where the Kingsmen 200-yard freestyle relay team took fifth place.

Smith also took eighth place in the 100-yard butterfly and breaststroke.

Preparing for SCIAC seems to be a common goal among all members of the team.

"I hope that I win as many races as I can. I hope that the team can win as many meets as possible and that we do better than last year at SCIAC," Smith said.

The season has started and the swim team will have its first SCIAC meet against Occidental Friday, Dec. 4, at 2 p.m.



taking more of a leadership role and revealing more of his personality. He has a good sense of humor and is a great guy," head coach Thomas Dodd said.

When it comes to personal goals, Smith wants to be fast. In all events that he swims Smith's focus is to keep improving on his speed.

College football's 2009 regular season closes out

Will a BCS buster shake up the scene and contend for a national title this year?

Andrew Parrone
Staff Writer

With less than a week left in the college football regular season, there are only a couple pieces, albeit large ones, left to complete the puzzle.

Five of the six BCS conferences have not crowned champions yet. And the ultimate prize, the Bowl Championship Series Championship game, is still up for grabs among a handful of teams.

The Big Ten is the only major conference that has completely wrapped up its schedule.

Ohio State punched its ticket to Pasadena and the Rose Bowl weeks ago in its win over Iowa and now is simply waiting to see who its PAC-10 opponent will be.

To the relief of college football fans everywhere, the Buckeyes will not be playing an South Eastern Conference team in a bowl game this year.

This year, the University of Southern California was finally knocked off its perch atop the Pac-10 after seven consecutive

titles.

Instead, the champion is to be decided tomorrow night in the annual Civil War game between bitter rivals Oregon and Oregon State.

The game is being played at Oregon in front of the hostile Autzen Stadium crowd, so the Ducks have a definite home-field advantage.



tag.

They have certainly come a long way since LeGarrette Blount's punch to the head of Boise State linebacker Byron Hout after an Oregon loss.

The Beavers of Oregon State have played with consistency all season and will be a physical, tough opponent. Expect emotions to run high in this grudge match.

The Atlantic Coastal Conference's label as a basketball conference is going to stick for at least another year.

Division champs Clemson and Georgia Tech will battle it out this week in Tampa for the conference's Orange Bowl bid. Both schools were humbled in their respective rivalry games last week and will be looking for a measure of redemption.

Cincinnati has somehow managed to survive the tougher-than-expected Big East and remain unbeaten going into the last week of the season.

The team faces its fiercest opposition yet as it travels to No. 14 Pittsburgh, and will be in prime position to jump into the Championship Game should Texas falter.

Speaking of the Longhorns, the season has fallen perfectly into place for the team that got snubbed last year in the BCS Championship selection process.

After maneuvering its way through a less than stellar Big XII, Texas' only big challenge this season came from rival Oklahoma who have been without Heisman Trophy winner of a year ago, Sam Bradford.

The Longhorns finished up a perfect record in the South Division of the Big XII with a win



over in-state rival Texas A&M.

Texas' last hurdle is the Nebraska Cornhuskers and their stout defense in the conference championship game.

Unless the Huskers can pull off a major upset, the Longhorns will be headed to the big game.

This leads us to the perennial

star of the college football world, the SEC.

All year long a titanic clash has been in the works, and finally the matchup everyone waited to see will be occurring.

Alabama and Florida both had dominant moments and also moments of vulnerability in their runs through the rugged SEC, and will now meet in the championship game in Atlanta.

One player to keep an eye on is Alabama star Mark Ingram, who left the previous game with a mild hip injury. He could be the key in the Crimson Tide's attempt to unseat the defending national champion Gators.

The winner of this game is almost assuredly going to play for the championship in January.

Two outsiders looking in on the championship party are Boise State and Texas Christian University.

Boise built a name for itself several years ago with the thrilling Fiesta Bowl victory over powerhouse Oklahoma, while TCU has been a consistent power for years now under coach Gary Patterson.

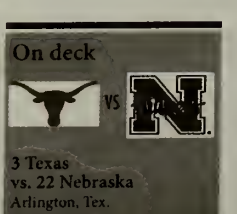
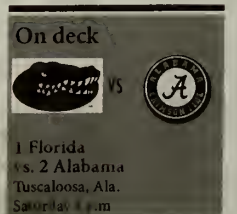
Both programs could more than likely compete with anyone in the country, but the weaknesses of their conferences put doubts in the minds of many. They will need a few lucky breaks to play for the big crystal football.

With so much left to unfold, it is hard to believe this is the last weekend of the season.

By this time next week we will all be talking about the questionable bowl selections that were

made and the merits of the weakest group of Heisman Trophy contenders many can remember.

Until then, enjoy a weekend full of great football and hopefully a surprise or two along the way as well.



Regals shock defending national champs at home

No. 4 George Fox loses first game in 37 tries.

Greg Gelber
Staff Writer

The Regals basketball team gave head coach Roy Dow his biggest win in his two-year tenure. Cal Lutheran defeated No. 4 George Fox University Bruins on Sunday, 64-58.

The Bruins went 32-0 last year en route to a Division three national championship and won the first four games of this season before their 36-win streak was snapped.

The Regals defense was stifling all night for the Bruins, who could not get much going in the first half. The Regals held a very potent Bruins offense to just 16 points in the first half, allowing the Regals to go into halftime with a 23-16 lead.

The Bruins made only six of their 27 shots in the first half, which helped set the tone for the rest of the game. After the Bruins made a shot cutting the lead to 13-10 Regals, they were held scoreless for

seven minutes and three seconds. "After beating George Fox, who is fourth in the country, why not us?" Dow said, referring to his team's post-season chances.

Offensively, it was a team effort by the Regals, as nobody scored over nine points. Ten out of the 11 players who played in Sunday's game for Cal Lutheran scored at least one point.

It was a defensive battle throughout, as both teams combined for 21 steals, including 12 by the Regals.

CLU came up with big plays down the stretch to take the victory, with sound defense when it was needed the most.

The Regals held the Bruins to only 5-31 behind the three-point line, and a twenty-six percent shooting rate.

The victory was special for Dow, "It was absolutely huge. We played at their tempo and we were just tougher."

The Regals biggest lead was 40-27, which occurred with nine minutes left in the game. From that point on, the Bruins started making a comeback, finally tying the game 47-47 with 2:35 left in

the game.

Freshman Channing Fleischmann then hit a 15-footer from the right baseline to give the Regals a lead, which would never be relinquished. Dow took this game as a learning experience.

"Our team has a great learning curve, and our Danica Briggs and Meaghan Goodenough have just been huge for us," Dow said.

Both guards played excellent defense for the Regals, combining for seven steals. Keisha Gordon, the Bruins' best player, was held to just 5-15 shooting, only making two of her ten three point attempts.

The Regals rely on many underclassmen in their attempt to turn around the program, having only two seniors on the team.

Last night the team took on La Sierra at home, but scores were unavailable at the time of publication.

On Saturday the Regals travel to Pacific University before coming home to play Lewis & Clark (Ore.) at 3 p.m. Before SCIAC play begins, the Regals will have six straight home games. SCIAC play will begin January 7 against Claremont-Mudd-Scripps.



Photo by Erik Hagen - Creative Media

Cloud Nine: Meaghan Goodenough scored nine points against George Fox.

Athletic training program bids farewell to CLU

Brandon Kennedy
Staff Writer

Most people never see or even think about the work that goes into preparing for athletic

events and keeping the athletes healthy, but without these efforts, the athletic contests would not go on as we know them.

Cal Lutheran's athletic trainers are in the training room up

to an hour before practice or a game preparing the athletes for the contest.

They help stretch, tape and warm up athletes to prevent injury. There are 10 student ath-

letic trainers this year but CLU is discontinuing the athletic training program in the future.

This will be unfortunate for not only those who wished to go into the program, but also for the certified trainers on campus who were able to rely on the help of the student trainers.

The most influential reason for the discontinuation of the athletic training program is that it is more common now for students to attend graduate school to get into that practice.

One of the student athletic trainers here is Steve Cerialle, who worked with the football team this season and other teams at CLU in the past, along with some at Moorpark College.

"I have been in the athletic training program since my sophomore year," Cerialle said.

Students generally would apply to the program their freshman year, however that will be changing considering the Athletic Training Education Program will no longer exist after this year.

Cerialle mentioned that preventative measures such as taping or icing of the athletes are the most common in the training room, but they are always available before or after a contest or practice in case of a more serious injury.

Being around athletics her entire life, Sam Barnes found it a natural fit to join the athletic trainers program at Cal Lutheran.

"It is a challenging field that forces you to push yourself to be the best you can be for the teams that you are working with," Barnes said.

It was bittersweet news to hear that CLU will not be continuing its athletic trainers program for the 10 students who were already enrolled because they would get to graduate under it, but they would not get to see it continue after they leave.

According to Barnes, the class that would have graduated in the program after herself, would have been the largest class so far.

"It is a shame they will not be able to contribute to athletics at this university as we have done during our time here," Barnes said.

After graduation, Barnes hopes to get a job as an athletic trainer while going to graduate school to become a nurse practitioner or physician's assistant.

Being influenced by her high school athletic trainer, Maryam Afzal decided to go into the field herself.


"I wanted to help athletes get healthy the way that he helped me," Afzal said.

Afzal also mentioned how she is disappointed in the discontinuation of ATEP. "I think that many students may be missing out on a great opportunity now that the program is not available to them," Afzal said.

Being able to work with high school athletics during her time in the program, Afzal hopes to become an athletic trainer at a high school after graduation while continuing her education.

While it is unfortunate that CLU no longer has this program, it is promising to see what it has done for the students fortunate enough to take part in it, and how it has helped our school and its athletes improve.

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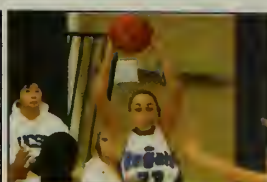
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the Echo

December 9, 2009 Vol. 54 Number 11

Christmas Chaos snowballs on campus

Jesse Knutson
Staff Writer

Christmas Chaos is a perfect name for the Club Lu event put on Friday, Dec. 4, at CLU, with over 600 students enjoying the events.

Christmas Chaos is a favorite Club Lu among many students, where they get an early taste of holiday cheer and experience snow in Southern California.

"I love Christmas Chaos! It's such a great way to start up the holiday season at CLU," said Katie Bode, junior at California Lutheran University. "This year was the best one I've been to since I came to CLU, and there were so many more people there!"

The ASCLU-G Programs Board brought over 25 tons of snow into the pepper grove, which was decorated with Christmas lights and flooded with holiday music.

Along with the snow, there was ice blocking in Kingsmen Park on the hill behind the Centrum, carriage rides on Memorial Parkway, pictures with Santa and the Grinch in the Student Union Building and many arts and crafts in the SUB as well.

Students arrived at the event and went to the different activities, enjoying each unique one.

Along with the events put on by Programs Board, the new aCLUpella group showcased its talent by singing holiday carols.

"People stopped and smiled with surprise every time we started singing. They took pictures and many even sang along," said Calvin Wiley, president of the aCLUpella club. "The club is completely open to all CLU students. There is no audition or previous experience required. We simply



Photo by Zak Kieran - Staff Photographer
Grace and Truth: The CLU choir and orchestra held their annual Christmas concerts last weekend in the Samuelson Chapel.

Musical twists ring in the yule season

Lynn Clahassey
Staff Writer

CLU's Samuelson Chapel stood like a beacon of light against a dark sky, paving the way for students, staff and Thousand Oaks residents to come and enjoy an evening of Christmas joy.

Opening night for the 2009 Christmas Festival Concert acted as the kick-off to the holiday season.

"I love the way these concerts bring people together. It's all about spreading joy and provides a great way to get fully engaged in Christmas," said Katie Bode, junior choir member.

The concert theme this year was "Full of Grace and Truth," and it featured many traditional songs along with some non-traditional cultural pieces to add a special twist to the performance.

Bible readings, chosen by campus pastor Scott Maxwell-Doherty, were read throughout the performance.

"I chose core messages that demonstrated specific Lutheran heritage and the presence of Christ to be able to give voice to each and every person," Maxwell-Doherty said.

Traditional songs like, "O Come, All Ye Faithful" and "The First Noel" were carols for the audience to sing along to that played in the beginning and at the end of the concert.

The choir paired with the orchestra, making for a beautiful combination as instrument and voice came together as one.

"The conglomerate effect of students playing and singing together is quite amazing. And the community attending and being a part of the concert singing the carols is so gratifying," said professor Dan Geeting.

[See CONCERT, Page 2]

Home for the Holidays

Campus events spread Christmas cheer

want to have a blast singing acapella-style music."

The attractions that involved snow and ice required students to sign a waiver before participating.

Once the waiver was filled out, students could go inside the fenced winter wonderland or ride down the hill on a block of ice.

"With this event, where there were over

600 people playing in ice, snow, and using snow blocks, we thought it would be a good idea to begin taking steps to create a safer environment for our students," said Amanda Whealon, Programs Board adviser.

Inside the fenced snow area, snowballs flew through the air in what is becoming a traditional snowball fight. Many people

[See CHAOS, Page 3]

Panel shares personal experiences of living with HIV/AIDS

CLU students gain insight from listening to four people who have been affected by the virus

Vanessa Lara
Staff Writer

What is it like to live with AIDS? A panel of four speakers affected by HIV and AIDS shared their experiences battling the epidemic on this year's World AIDS Day.

California Lutheran University hosted its annual World AIDS Day recognition events on Tuesday, Dec. 1, in the Lundring Events Center.

The events were sponsored and organized by CLU's Wellness Programs, Center for Equality and Justice and the HIV/AIDS Coalition of Ventura County.

Patricia Navarro, an advocate for HIV and AIDS, shared the story about her son Raymond who died of AIDS at the age of 26 in 1990.

Navarro described her son as a gifted, confident and promising man. Her son discovered he was gay while he was attending

art school.

"He did not decide or choose (to be gay), he came into his own when he was in art school," Navarro said. "At that time, in the early '80s, he did what he thought gay men did: have a lot of sex. He would tell me, 'Mom, women are the gatekeepers. Women are the ones that say 'yes' or 'no' because all guys want to have sex 24 hours, so imagine two guys.'"

He had unprotected sex at the

worst time that you could have it — before doctors had identified how HIV is transmitted.

In 1989 he was diagnosed with HIV, and in 1990 he was diagnosed with full blown AIDS.

Navarro is a part of the Ventura County Board of Supervisors HIV/AIDS Committee and is committed to helping the fight against HIV/AIDS.

The second speaker, Danny, a Ventura County resident, spoke about his life and how he has

been living with HIV/AIDS for 20 years.

Danny displayed all the medicine he needs to survive.

He takes 18 to 20 pills a day, which totals thousands of dollars every month.

Danny began going out at the age of 19 and having consensual sex.

"I say consensual because I was molested at the age of 13," he said. "When I tell people I started

[See AIDS DAY, Page 3]

NEWS

Echo Survey

Students pay the price for convenience

Sodexo charges many times more for basics than nearby grocers

Laura Dale
Echo Staff

Water is a precious commodity, and if you buy it at CLU's Kiosk Café you'll see how precious it is.

California Lutheran University students pay \$2.49 for a bottle of Vitamin Water at the campus hangout, 2½ times higher than the 99 cents charged off campus at Trader Joe's market and a dollar more than the \$1.49 at Albertson's supermarket.

Students are being soaked for more than just water, a price comparison shows:

You'll pay \$1.29 for a cereal bar at the Kiosk Café, but for only 40 cents more, \$1.69, you can get a half-dozen of them at Trader Joe's. For \$2.69, Albertson's sells a box of eight.

At the Kiosk Café you pay \$1.29 for a small, 8-ounce serving of milk, but four times as much milk – 32 ounces – costs 99 cents at Trader Joe's and \$1.29 at Albertson's.

Student's pay \$1.29 for a plain bagel at the Kiosk Café, compared to \$1.99 for six at Trader Joe's and \$2.49 for eight bagels at Albertson's.

Some students say they are unhappy with the cost of on-campus food.

"I'm tired of getting ripped off," senior and four-year CLU resident Geraghty Bernston said.

She said she often finds herself buying similar items at grocery stores for less money.

The school offers five meal plan options, ranging from 19 meals a week to five. Many plans come with "bonus points," which a student can spend like cash at three of the four food locations on campus. The five plus plan has the most points with 275 included.

Each meal has an equivalency of \$5.25 or 5.25 points. If a student's meal costs more than \$5.25, he or she can use bonus points to pay for the rest.

While this seems like quite a bit of money to spend on food, many students believe the exact opposite.

Senior Amy Williams believes even with this large amount of spending potential that she is getting ripped off.

"I don't feel like I get my money's worth from the bonus points because I could buy twice as much for the price if I just went to a grocery store," Williams said.

Dr. Donald Waisanen, a professor of communications at CLU, voiced his concern.

"To me, the worrying aspect of these prices is their effect on our students, most of whom are working and taking out loans to make ends meet during their college years," Waisanen said. "I don't think airport food and drink prices are justifiable on a college campus."

CLU has four separate locations for students to purchase food with either their meal plans or bonus points. The dining commons accepts meal plans only while the Centrum and Kiosk Café accept either meal plan, bonus points, cash or credit.

Mogen Mart only accepts bonus points, cash or credit. Geraghty Bernston, Senior

Meals in Mogen Mart?

Since opening in 2008, Mogen Mart has drawn negative feedback from students.

Initially, meal plans could be used to purchase food and grocery items.

The policy changed early in Fall 2008 to only allow bonus points, and more recently to just allow bonus points on food items.

Students fought the school to allow them to use meal plans at Mogen again.

One student created a Facebook account called "Stop Over Pricing and Allow Meals in Mogen Market!" The group has 322 members who post their concerns daily.

One group member, former CLU student Senate member Seth Demant, posted a comment on May 23, 2009, that says, "I worked on getting it installed when I was in Senate sophomore year with the specific intent of using meals there."

Sodexo: large and in charge

At the center of these issues is the company that runs the food program at CLU – Sodexo.



Is It Worth It? A CLU student purchases her items at the Kiosk Café. Students pay premium prices for the ease of buying food on campus.

Photo by Laura Dale-Staff Photographer

Sodexo is a multinational corporation supplying food services to universities, hospitals and corporations.

It has held the CLU contract for at least 10 years.

Sodexo retail manager Ashley Marmaro, who oversees the Kiosk, Centrum and Mogen Mart, said she is always working to make students happy with the service.

Many students come up to her year after year accusing the company of raising prices and taking advantage of them, she said.

"I had a boy last year tell me that if the school accepted 200 more students then we would have to raise prices because we would have to buy more beef. There isn't a shortage on beef," Marmaro said.

Prices at the school have stayed consistent over the last year, she said.

While prices are higher at the Kiosk, Centrum and Mogen, Marmaro explains Sodexo cannot compete with supermarkets because of the large quantities in which they receive their products.

Marmaro said it all comes down to this: "Less competition on campus can cause higher prices. If you are walking to class and you want a soda, are you going to go to the Centrum or Trader Joe's?"

Save Steps, Spend More

A comparison of prices of similar items at local grocery stores to the prices students pay at CLU

| Item | Kiosk Cafe | Albertson's | Trader Joe's |
|-----------------|--------------------|----------------|----------------|
| Sobe | \$2.59 | \$1.69 | --- |
| Bottled Water | \$1.29 (20oz) | \$.59 (24oz) | \$.99 (34oz) |
| Red Bull | \$2.55 | \$2.09 | --- |
| Nutri-grain Bar | \$1.29 | \$2.69 (8) | \$1.69 (6) |
| Coca-Cola 20oz | \$1.69 | \$3.99 (6) | --- |
| Milk | \$1.19 (1/4 quart) | \$1.29 (quart) | \$0.99 (quart) |
| Bagel | \$1.29 | \$2.49 (8) | \$1.99 (6) |

Concert one of oldest celebrations in area

[CONCERT, from Page 1]
conductor of the University Symphony.

This year's concert was unique because of some new musical techniques being sung and performed.

The concert included culture pieces creating more musical diversity.

The Nigerian Carol enveloped the entire audience in a wave of drum patterns.

"Our Choral Ensemble conductor Wyant Morton, wanted to experiment with variety this year. He chose the Nigerian Carol to spice things up a bit," said senior Katey Wade, choir officer.

Along with creating a sense of diversity within the concert, two songs were sung to honor

past music department professors, Elmer Ramsey and James Fritschel.

"The concert really focused on a huge variety of music styles from slow carols, to unknown high-energy Christmas carols. It was fun to switch things up a bit," junior choir member Jessica Thompson said.

The Christmas concert was apart of California Lutheran University's 50th Anniversary.

"This is CLU's 50th year, it's the longest, continuous Christmas celebration started in the Conejo Valley," said Wyant Morton, CLU choral conductor. "The concert just starts off the holiday season right, and with it being the 50th anniversary of CLU, it just seems to tie everything nicely together."

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Santa Lucia Festival celebrates dedication to service



Photo by Art Miller. CLU Creative Media
Shining Example: 2008 Santa Lucia, Roberta Gaugert (left) with her escort Kyle Hanson (right), was chosen by her peers as the student who upholds the beliefs that Santa Lucia embodied.

Jakie Rodriguez
Staff Writer

A crown with candles, a ceremony honoring a saint and Swedish tradition upheld can only mean one thing: it's time for the annual celebration of the Santa Lucia Festival of Lights.

Today California Lutheran University will host the Santa Lucia Festival of Lights at the Samuelson Chapel.

The remembrance and adoration of a beloved saint has been a CLU tradition for years and is a favorite of some community members.

"Last year's event was beautiful, and I am looking forward to going to this year's," Thousand Oaks resident James McPherson said.

Santa Lucia is a festival that is

celebrated in Sweden, Denmark and Norway on Dec. 13.

For some of Swedish descent, the ceremony brings back fond memories of their childhood.

"I really like going because it reminds me of the stories my grandmother used to tell me about St. Lucia," McPherson said.

Lucia is a saint celebrated for her courage and dedication to God. Despite having many suitors, Lucia rejected them all and lived a humble life of service to the poor.

As part of the celebration at CLU, a female student is chosen to represent Santa Lucia.

The nominated five females are chosen by CLU students who they feel best uphold the beliefs that Santa Lucia embodied.

The female who is chosen to represent Santa Lucia wears a crown of seven candles that are lit

during the ceremony.

The seven candles represent Lucia's dedication to service, sympathy, thanksgiving, kindness, humility, purity and mercy, reported Rachel McGrath of the Ventura County Star.

The crown the chosen woman wears during the ceremony holds significant value as it was used in Santa Lucia celebrations in Sweden and later donated to the university.

Last year, Roberta Gaugert was chosen as Santa Lucia.

"My favorite part of the ceremony was walking with the candles lit on my head. I had to move very slowly and hope nothing went wrong," Gaugert said.

In addition to her procession with the crown, Gaugert appreciated being chosen to represent Santa Lucia for all that she stands for.

"Representing Santa Lucia was a very humbling experience, but also exciting to be a part of it's tradition," Gaugert said.

This year Santa Lucia will be represented by senior Katey Wade, who will be escorted by senior Ben Hogue.

Other attendants include seniors Karen Emmert and Danny Liles, juniors Mayan White and Cassidy Halligin, sophomores Corrin Fox and Grant East and freshmen Caroline Vandiver and Will Kennedy.

Campus marks World AIDS Day

[AIDS DAY, from Page 1]
having sex at 19, it's really a lie because I had sex at 13. It just wasn't consensual."

Danny ended up dropping out of college and began going out more.

He first heard about HIV/AIDS from his roommate, back when it was known as GRID or Gay Related Immune Deficiency.

His roommate told him to start using condoms, but he still did not use them every time.

Danny worked on a cruise ship for part of his life, and during his time there in 1989, he learned he was HIV-positive after going for a doctor's visit.

After finding out he was HIV-positive, Danny was determined to keep working on the cruise ship and travel the world.

He traveled through the South Pacific, Asia and Asia Minor.

"If I'm going to die, I want to see the rest of the world," Danny said.

Danny battled with many illnesses that come with being HIV-positive.

Thanks to new medicine that came out during the time when

he was ill, Danny has been able to continue living his life.

Rob, the third speaker, began to do some heavy partying after his parents divorced.

He did not know he was HIV-positive until a friend of his advised him to get tested.

He tested positive and has been HIV-positive for almost 20 years now.

Rob kept partying harder even though he was HIV-positive.

It came to a point in his life where he began to clean up his act and began taking medicine.

"Last year, Rob is still able to play basketball, surf and live an active lifestyle.

"I realized some years back that, wow, I can still have a productive lasting life with these new cocktails (drugs that are taken to combat HIV) that had come out," Rob said.

Rob encouraged the crowd to be part of the solution, not part of the problem.

"That's why I'm here today. I'd like to step into the solution," Rob said.

The final speaker, Doug, spoke

about living with AIDS and how he lost his life partner, Randy, to AIDS.

Doug has been living with HIV for 28 years and with full blown AIDS for 22 years.

Doug and Randy got tested in 1987.

Two weeks after getting tested, they both found out they were HIV-positive.

"My life was going exactly where I had always hoped it would go, but this guy was telling me my life was over," Doug said.

In December of 1990, Randy passed away at the age of 26.

"When the worst thing that can ever happen to you happens, there's really nothing else in life to fear. Living life without fear is a very free and exciting thing," Doug said.

Doug is committed to the promise he made to himself that he would live his life as openly and honestly as he could in honor of Randy.

All speakers emphasized the importance of getting tested and using condoms to end the battle against HIV and AIDS.

Christmas chaos draws large crowd

[CHAOS, from Page 1]
went in and enjoyed the snow in a safe, orderly way, while others got a little out of hand; some were even asked to leave.

"I expect this behavior from irresponsible high school students, so it's frustrating to see it from college students," said Kevin Holt, senior Programs Board representative.

Many of those causing problems were intoxicated. Alcohol is not allowed at any Club Lu events, and this one was no different.

"Students were not allowed to bring open containers of beverages, and if they did, we asked to take them away," Whealon said.

Whealon explained because the event was so spread out, it was more difficult for the staff to control the situation as much as Programs Board does for other events because there wasn't one or two central entrance points.

Even with this, the board did all it could to monitor drinking throughout the night.

Christmas Chaos has been a tradition that has gone on for years, but if the event continues, Whealon says there must be talks about whether students can act responsibly enough to bring snow back onto our campus.

"Most of the students that attend this event are coming to enjoy some fun time in the snow

with their friends," Whealon said.

"However, there is also a population that comes too intoxicated or comes with the intention of participating in an intense snowball fight that limits others' enjoyment of the event and could be an unsafe environment for all."

Even with some people getting out of hand, most students enjoyed their time at Christmas Chaos.

"This year's Christmas Chaos event was leaps and bounds ahead of previous years in its organization, attendance and all around atmosphere," said Ryan Strand, ASCLU-G Programs Board director.

For the Record

In the Dec. 2 issue of the Echo, the story titled "Deputies seek suspect in 20 indecent exposure cases," stated that the reported assault on the Olsen Bridge last December happened late at night when it actually happened before noon.

In the same issue, the story titled "World Fair event full of culture," Linda Boberg's last name ran as Loberg, when the correct spelling is Boberg.

In the same issue, Alexandra Butler's column titled "How to use self-defense techniques for protection," should have read that attacks have been reported around campus numerous times, not on campus.

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CALENDAR

| | | |
|---|--|---|
| Wednesday December 9 <ul style="list-style-type: none">• Santa Lucia Festival of Lights 10 a.m. Samuelson Chapel• Dance Team Fundraiser 11 a.m. Lotus Yogurt Bar• The Need: Skyler Butenshon 10:10 p.m. Chapel Narthex | Thursday December 10 <ul style="list-style-type: none">• Fem is Prototypes Fundraiser 10 a.m. Flagpole• Improv 11 p.m. Preus-Brandt Forum | Friday December 11 <ul style="list-style-type: none">• CLU History of Psychology Symposium 11 a.m. Soiland Humanities Center 109• Presents Due for Adopt-a-Family Sub |
| Saturday December 12 <ul style="list-style-type: none">• Meditations on the Apocalyptic Kwan Fong Gallery | Sunday December 13 <ul style="list-style-type: none">• Lord of Life Student Congregation 6:15 p.m. Samuelson Chapel• Geminids Meteor Shower Midnight. The sky | Monday December 14 <ul style="list-style-type: none">• Hug a Stressed College Professor Day All day. CLU• ASCLU-G Senate Meeting 5:20 p.m. Nygreen 1• ASCLU-G Programs Board Meeting 7:30 p.m. Nygreen 1 |
| Tuesday December 15 <p>"I HAVE NEVER LET SCHOOLING INTERFERE WITH MY EDUCATION."</p> <p>- MARK TWAIN</p> | Next Week: December 16-December 22 <ul style="list-style-type: none">• Finals week• Winter break• Next Echo issue: Feb. 3 <p>Do you have an event to submit to <i>the Echo</i>? E-mail date, time, location and contact information to echo@callutheran.edu</p> | |



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Friday Late Night Stuft Hour - 25% off all appetizers and drink specials (9pm - midnight)

FEATURES

CLU celebrates African heritage with Kwanzaa

Michele Manfredi
Staff Writer

Merry Christmas, Happy Hanukkah and Happy Kwanzaa!

California Lutheran University held an event for Kwanzaa, which is centered around seven principles from Dec. 26 to Jan. 1.

The last day of Kwanzaa is the Karumu, which is known as Feast.

"I like to take my grandchildren here to learn about the history of African Americans and eat foods from the culture," said Lois Zelickson, Thousand Oaks resident for 40 years.

Emcee of the event, and CLU's BSU (Black Student Union) president, Robert Amey, opened the event, introduced speakers and performers and interacted with the audience.

The Kwanzaa event had a variety of tables with information on black history, a variety of foods from the culture, a children's table with coloring and activities to learn more about Kwanzaa and vendors selling clothing and jewelry from the culture.

Speaker James Smith shared his experience of his first job making 36 cents an hour as a cook on the old Southern Pacific Coast Day-

light at the event.

"My most memorable memory was working on the train; no one rode the train but rich people. I used to listen to all their stories, live through them and I remember there was a television on the train in 1949. It was very new for a train, called a radiophone," Smith said.

“I like to take my grandchildren here to learn about the history of African Americans.”

Lois Zelickson
Thousand Oaks
Resident

Kwanzaa holiday.

"We do this every year for [CLU]; it takes us an entire day to prepare and cook the food," said Darlene Fowlkes, member of the Afro-Centric Community of Ventura County. She and five other women volunteered to prepare and serve food at the Kwanzaa event.

One of CLU's clubs, H2O, also known as Hip Hop Organization,

performed a dance in memory of Michael Jackson. They wore look-alike Michael Jackson outfits and hats and were all smiles as they performed for the audience.

"Although there were only seven girls performing here today, we have about 20 to 30 total members in our H2O club; we are going to have a lot of showcases coming this spring," said president of H2O, senior Elsa Perez.

There was also a great African Marimba Ensemble Concert led by J. Ric Alviso.

His ensemble performed music from the Kwanzaa culture and used a variety of large drums and African rhythms. The children from the audience joined in and played instruments as other audience members danced and clapped to the beat.

Smith gave a blessing of the food, the buffet was eaten and the vendor shopping and children's activities closed the event.

No matter what religion, the seven principles of Kwanzaa can be applied: unity (U mo ja), self determination (Ku ji cha gu lia), collective work and responsibility (U ji ma), cooperative economics (U ja maa), purpose (Nia), creativity (Ku um ba) and faith (I man i).



Photo courtesy of Gettyimages.com

Happy Kwanzaa: Kinara candles and food represent African heritage.

New freshmen reflect on first college semester

Emily Peterson
Staff Writer

The first semester of college means a new atmosphere with new obstacles, adventures and assignments, especially for freshmen who are dealing with the college experience for the first time.

Adapting to college life is an experience that is different for each freshman; some have an easier time than others.

"It is always the same every year; some freshmen get home sick and some are glad to be away from their parents," senior Mt. Clef RA Molly Clancy said.

Growing up and moving away from home is not always easy for incoming freshmen, which is why there are many people on campus who are available for students who feel homesick or need someone to talk with.

The H1N1 flu epidemic has brought new stresses that have caused new struggles to emerge within dorm living.

"The hardest and most difficult aspect was the threat of swine flu this year. The thought of being away from home and of becoming 'deadly sick' was very stressful. They don't want to disappoint teachers and get far behind," said Dr. Michaela Reeves, director of Freshmen Year Experience.

Freshmen roommates who have contracted the flu this year may struggle with relationships among

roommates. Also, being extremely sick in a new place can be hard and make one question if they are ready to be away from home during such a vulnerable time.

"I've always been used to being at home with my parents, and it's different now because they are not around all the time and I don't get to go home whenever I want," freshman Tiffany Failing said.

Michaela Reeves
Director of
Freshman Year
Experience

One class that is designed to help students focus on transitioning from high school to college life is Freshmen Seminar. This class is a huge asset for students to meet new friends, adapt and have questions answered by experienced students and faculty.

"The freshmen this year were a very well-prepared group and took many AP classes in high school," Reeves said.

Even students that are well prepared still have a financial burden this year. This has had a major effect on students and parents who were deciding which school they could afford to send their child to. The students carry this stress, which adds additional pressures to do well in class.

According to an article by Chuck

Bomar, "Adjusting to a Whole New Life" said, "when you become a college freshman, you are entering a world that is bigger, tougher and much more difficult to feel connected in."

This is true for all colleges, from smaller universities to larger state schools.

"The Christian world is often small, but the key in getting involved," Bomar said.

At CLU, there are several organizations and groups to get involved in, allowing students to meet a broad range of friends.

"With the economic situation the way it is, they definitely want to make sure they will graduate in four years," Reeves said.

Along with graduating on time, camaraderie is a main aspect in college. Meeting friends the first semester of college is crucial in feeling accepted and growing as an individual.

"There seems to be a lot of pressure to find close relationships right off the bat," Mt. Clef RA Reshal Tate said.

However, realizing that relationships in college can come and go is necessary. People grow and change throughout their college years, so one of the most important learning experiences one can ask for is finding oneself.

"College is different because there is more responsibility now," freshman Wyatt Byers said.

Between studies, social life, fam-

ily pressures and scheduling one's own time wisely in college, the amount of responsibility between high school and college is incomparable for most freshmen.

"In general, freshmen have an issue because no one talks about what college will be like," Tate said.

There are frequent study sessions in the freshmen dorms, which will benefit studious students in the long run.

"Overall, they have accepted the challenge. It was challenging in the beginning for some, but most have gotten used to the differences by now," Tate said.

There are of course the few new students who can easily breeze by all their classes, but for most there is a major transition as a first year college student.

“College is different [from high school] because there is more responsibility now.”

Wyatt Byers
Freshman

Angela Naginey, the director of Retention, works directly with students who need help or advice about adapting to college life and other issues.

For freshmen that are having a hard time, Naginey gives them ad-

vice about what their options are and what is best for them.

"I help them make an informed decision about what they are doing," Naginey said.

According to CollegeScholarships.org the number of college freshmen dropouts is usually figured to be between 1 in 4 or 1 in 5. Some sources post arguments that close to half of all college students fail to graduate.

Freshmen have to figure out how to adapt to college because there is more responsibility. Navigating the college life, in addition to the first time being away from home and making decisions by oneself, is a large responsibility. This struggle happens to almost all students in some shape or form.

"When you add our economic situation to the picture, it adds one more stressor, whether it's directly or indirectly, through roommates or untold issues from parents," Naginey said.

With the holidays coming up and people going home for maybe the first time, some freshmen have a difficult time getting used to the changes.

When school resumes in the spring, students will be eager to conquer the obstacles that await them. There will be a new array of challenges for each student.

"This is the place that God has placed you...embrace it with everything you have," Bomar said. "Meet people. Get involved."

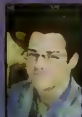
QUOTES: What is your favorite part about the holidays?

Alexander Moe



"Going home."

Aidan DeGoede



"The Christmas music at the mall."

John Toney



"Serenading young ladies with holiday music."

Kevin Toney



"The tacky sweaters."

If you have an idea for a Campus Quotes question, e-mail it to the Echo at echo@callutheran.edu

Students further education and career with grad school

Jarrod Marini
Staff Writer

Do senior students really understand what goes into the process of applying for grad school? If students want to go right from their bachelor's to master's degree without a break, an application will need to be sent one year in advance from the start of the academic year.

However, it is never too late for students to go on to graduate school; in fact, a good majority of students take a few years break in between.

For students who are considering grad school, the first thing is to find out what type of job they want and think about which degrees would fit best for that specific job.

Another tip would be to look at the education requirements for certain jobs to see what they are looking for.

Remember, there is not just one degree for each job out there and

also plan on applying to 10 to 15 schools or more.

However, if a student is looking for a great learning experience, look no further than the graduate programs offered at California Lutheran University.

"I didn't realize the application process for CLU's graduate program was so trouble-free."

Matthew Heagy
Senior

service and justice.

CLU's graduate program is seeking out students who possess high qualities of intellect and character, which will enable them to benefit from and contribute to a

demanding program of advanced studies.

All students who apply are judged on their individual merit without regard for race, color, creed, sex, age, religion and national or ethnic origin.

An individual with any kind of physical disability will not be excluded from admission solely by reason of differing physical ability.

Students will find the graduate program application process at CLU is actually pretty straight forward.

Here are the basic admission requirement steps CLU expects each student to follow: complete an online application with a \$50 fee, official undergrad transcripts, three letters of recommendation, a personal statement and a personal interview.

"I didn't realize the application process for CLU's graduate program was so trouble-free and easy to follow until I applied,"

senior Matthew Heagy said.

CLU has a graduate and adult programs office, which is staffed with trained admission counselors who are available to assist students with graduate admission planning.

"The flexibility is certainly here. They understand that we work during the day and are very responsive to my needs. I needed a program that would allow me to start when it was most convenient for me," said Richard Suleiman, MBA personal banker with Citibank.

The decision to accept a student to graduate school is made by the appropriate program director and the graduate admissions committee.

All students seeking admission to graduate school will meet with an admission counselor or adviser in the proposed major before a final

admission decision is made.

All admission decisions are based on the overall consideration of each application. The elective choices, major and relative difficulty of undergraduate work are all considered.

"My experiences in the MBA Program at CLU provided me with a level of knowledge that has helped me further my career," said John Toney, MBA vice president of Countrywide Financial.

All prospective graduate students, including students seeking advanced credentials in education, should contact the office for an admissions packet and to ask any other questions regarding enrollment information.



For more information
www.clunet.edu/graduate

THE FASHION PLATE: A HEALTHY SERVING EACH WEEK
VIP treatment and Victorian elegance

Heather Taylor

Dressed
Up in Love

Oh, Topshop. Is there anything you can't do?

The British chain store has recently decided to hold a campaign called "Dress Me Up."

The idea behind the campaign is for supermodels, actors and designers to donate party dresses from their wardrobes. The donor list is top-notch; it features dresses from the closets of Kate Moss, Scarlett Johansson, "The City" star Whitney Port and, my own personal icon, burlesque dancer Dita Von Teese.

The dresses are absolutely fabulous if you needed any verification on that. If I was in London from Dec. 7 - 23, I would be hitting up Topshop's flagship store Oxford Circus store.

The lower ground floor contains a dressing room designed for one girl to enter at a time to try on the gown of her choice with a very VIP backstage vibe to the entire room.

Once the dress is chosen, the store bookers give you 48 hours to rock the look before its next appointment. Very similar to the system employed by Rent the Runway, the dress is dry cleaned before the next girl dons it.

The best part? Aside from getting to wear a glamorous dress worn by some of the most legendary ladies in the business, the price is £40. In America, this converts to about \$65 to wear the Burberry and Lanvin gowns for 48 hours. Stellar!

Plus, the profits made off of the dresses goes toward benefiting charities Help the Aged and Age Concern. These dresses aren't specified for any particular age group; any woman at any age can look spectacular dressed up in these luxurious ensembles.

If you feel like you met your dress soulmate in one of these pretties, the dresses will all be auctioned in January and the dress will belong to the highest bidder, forever.

Well-played, Topshop. I see I will be joining Shopaholics Anonymous upon graduation after all.

"Put in the Scene"

ruf·fi·an - noun

1. A tough, lawless person; roughneck; bully.

That's definitely not the definition of Ruffian I'm familiar with.

The Ruffian I know, New York-based designers Brian Wolk and Claude Morais, have created Victorian era elegance intertwined with modern day sensibilities in their clothing line with its many buttons, ruffles and sleek lines.

The duo designed a line of clothing for Anthropologie in Novem-

ber called *Mise en Scene*, the cinematic term defined as "putting in the scene." Inspiration for the line came from watching Alfred Hitchcock films and Bette Davis' performance in "All About Eve."

The line is perfect for any girl looking to unleash her inner femme fatale. The New Standard Overcoat, in its deep beige with a ruffled collar, is just begging to have a fedora paired with it.

Pairing the Lacy Floral Tights with the detailed hand seaming, accompanied with the Ties and Tails Jacket, fools any man into believing a lady has no tricks up her sleeves.

Each outfit is carefully crafted with detailing, like custom buttons and cashmere. The entire line is currently half-off on Anthropologie's official Web site, so if I were you, I'd hightail it over to that site.

If you don't make it, Ruffian has signed a two-year contract with Anthropologie, so you'll be able to check out the future designs that get the green light to be whatever Ruffian is inspired by.

Ruffian also plans on creating a men's line for Macy's this spring for any guys who feel left out in the process.

Now that's the definition I'm familiar with.



For more information
www.anthropologie.com

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Student philanthropists aim to change future of water



Photo courtesy of Gettyimages.com

Recycle, Reduce, Reuse: Students associated with Fillanthropy.org discourage the purchase of plastic water bottles but promote recycling.

Emily Peterson
Staff Writer

Did you know that bottled water can cost up to 10,000 times more per gallon than tap water?

Fillanthropy.org is a project started by a California Lutheran University student during professor Jean Sandlin's Advertising Campaign class in fall 2007.

After the class, student Patrick Slaven followed up with the blogging until his graduation from CLU.

Senior Phoebe Hitchman recently took over the responsibility of blogging after having gained an interest in environmental issues.

Sandlin invited Hitchman to revitalize the blog as an independent study.

The City of Thousand Oaks chose to invest \$1,500 dollars of the State Department of Conservation to fund the pilot campaign and 100 reusable Nalgene bottles

we given to CLU students during a campaign in 2009. Drinking tap water and reusing Nalgene bottles are two ways people can significantly reduce the amount of bottled water that is purchased.

This project was started to discourage the purchase of bottled water and encourage plastic recycling on college campuses.

Phoebe Hitchman
Senior

Fillanthropy hopes to reach out to students who are interested in continuing with the online Web site and maintaining the blogging site.

"During a change in times, it is necessary to think about the environment," Hitchman said.

The Web site is accessible to all students, which is important for educating outsiders and allowing everyone to make a difference.

"I would like to see fillanthropy.org become a community of college students encouraging each other and sharing information on how to make small changes in their lives that can have a lasting environmental impact – like using refillable containers instead of buying water bottles," professor Sandlin said.

The advertising Web site uses slogans such as, "Sharing your room is hard...refilling is easy," which shows how little effort it takes to be responsible and reuse bottles.

Fillanthropy focuses on issues and facts about recycling and water bottle usage in the United States and other countries.

The blog contains many interesting facts to prove that recycling and reusing water bottles would make a significant impact on the environment worldwide.

Fillanthropy even has a Facebook account, which makes it simple for people to stay up to date with recent news and information and allows others to spread the word to other friends

to build awareness about the cause.

Parts of the Web site can still be updated to encourage inter-

Sharing your room is hard...refilling is easy.

action and community-building, but the fundamentals are there.

Britta, Nalgene and the City of Thousand Oaks have teamed up with Fillanthropy to contribute to the cause and help make this campaign to change the future of water come together.

Fillanthropy encourages CLU students and other colleges to use the information to promote recycling in other effective ways.

"We are hoping there are other Cal Lutheran students who, like Phoebe, feel compelled to share ideas and encourage others to consider the environment," Sandlin said.

Students who are interested in contributing to the blog next semester should contact professor Sandlin for more information.

For more information
jsandlin@clunet.edu
and Fillanthropy.org



HOW TO... Take care of your car



Alexandra Butler

It's a way to get home, go to the grocery store and use as an escape vehicle for a midnight Jack in the Box run.

However, having a car is a luxury and is something that no one should take for granted. The better you understand your car, the safer your road trips will become. Just think how a blowout on Lynn Road could turn a beach trip into a bad day.

David Martinez, the manager of Jiffy Lube on Thousand Oaks Boulevard has many guidelines for the average person to maintain their vehicle.

"Overall, the most important factor is if you are not familiar with your car, take it to a professional instead of working on it yourself," Martinez said.

It is best to set your pride aside and ask for help.

There are three basic elements that everyone should know about maintaining their car.

Tires

Tires are one of the most important aspects of your vehicle.

"Tires take care of fuel economy in car," Martinez said.

The more air you have in your tires, the less energy it takes for your car to run. In many cars the suggested tire pressure numbers are located on the driver's side door. If not, it will be in the vehicle's manual. Be careful to not overinflate tires.

"Overinflating tires can cause uneven wear on the tire, which causes the tire to be fragile; if you hit a bump the tire could pop," Martinez said.

A hint to know if you need to fill your tires is if you experience your car pulling to one side. This pull can be caused by a tire that's lower than the others.

Do not forget your spare tire, and make sure to keep it inflated as well. If you're a victim of a flat tire and decide to change it yourself, be careful to not over twist the lug nuts.

"Over torquing it will cause the lug nut to strip. If it strips, you won't be able to remove the tire again," Martinez said.

Fluids

Oil is a vital part of the car's engine. The oil is always located under the hood. When checking your oil, read the end of the "dipstick," which is always yellow. Before checking your oil, make sure your car is on a flat surface. Your car's temperature should also be cold, meaning you haven't driven in the last hour or two. These two factors of being parked on an incline or having a warm car can lead to inaccurate results. Look for the end of the dipstick; it will have a "full mark" and "low mark." If the oil is in between, it's OK. If it is below the line, you need to add more oil.

"It's important to add little by little; if you add too much, it will cause more engine damage than driving when you oil is low," Martinez said.

Battery

To avoid ever having to have your car jump-started, be sure to check the battery. There are three ways to do a battery check.

First, if your battery is sealed it will have an "eye" that should be green or blue. If the color is red or white, you should be alarmed and take your car in to get fixed. Second is to get a digital test, which most car mechanics will do for free. Third is to open caps and make sure there is enough distilled water, which is more acidic water base in the battery.

"Some ways to conserve your battery's energy is to make sure your lights are off and doors are closed when leaving your car," Martinez said.

Car maintenance is very serious. If you take bad care of your car, it could lead to very bad circumstances for you and other passengers. Make sure to read your car's manual and take it to professionals if something goes wrong. It is important to make sure your car is taken care of properly.

"Many people think they know everything, but if they are open-minded, new information will only add to what you already know," Martinez said.

It's better to be safe than sorry.

Behind the scenes of the Echo

Kendal Hurley
Staff Writer

Every Wednesday morning the Echo, a weekly student publication, is distributed across the California Lutheran campus. Behind those thin pages is a lengthy process that requires the collective effort of numerous individuals.

The Echo staff consists of more than 20 writers, seven editors, three proofreaders, an editor-in-chief and a faculty adviser who all

dedicate a fair amount of time during the week to get the paper out on time.

"People not on the Echo staff do not understand what it is like to write a story every week with a drop-dead due date," said Colleen Cason, faculty adviser of the paper.

Starting on Sunday nights, the team of editors get together for a staff meeting where they discuss ideas and create a storyboard for the upcoming issue.

"We see if anything interesting is happening on campus," said Laura Kearns, features editor.

"We also have students turn in story ideas so we can focus on what

students want to read about."

On Monday morning the editors arrive in the Echo office at 10 a.m. and wait for their group of writers to come and get their story assignments. After new stories are distributed, the editors begin to design the layout for the current week.

"On a good day we get there at 10 a.m. and leave around 7 or 8 p.m.," said Margaret Nolan, editor-in-chief. "That's assuming all stories and photos were turned in."

The completed stories are printed and checked by three proofreaders then given back to the section editor who makes the changes in the layout.

The pages are then printed and re-checked. The newly corrected pages are then given to the editors again to be placed in a finished folder.

The copy editor checks all stories in the folder and Nolan gives them the final inspection. The stories are exported as PDF files and sent to the printer.

Sections in the Echo include features, news, opinion and sports. Writers of each section have a weekly deadline of Friday at 5 p.m. to turn their finished stories in to their editors.

The biggest addition to the Echo staff this year has been new faculty adviser Cason. Cason also writes a column for the Ventura County

Star and has 25 years of journalism experience under her belt.

"She has challenged us to take our paper to the next level," said Nolan.

"The Echo was at a plateau, and over the last two years it has gotten back on track."

The most helpful aspect of having Cason as an adviser is that she has real life experience and is able to help make the newspaper more modern. This year the paper has seen almost a complete re-design.

"My first year has been great," Cason said. "I have a dream team of editors who are hardworking and diligent about deadlines."

As a first-time adviser, Cason's duties are to oversee the paper, answer any questions and to help make the layout more appealing to readers.

In the future, Cason and Nolan both hope to see the Echo earn the recognition it deserves through entering journalism contests and creating a Web site for the paper.

"Alumni still want to read the Echo, but they can't unless they come to campus," Nolan said. "Having a Web site would also increase our readership and ad sales."

Editor's Note:

This is the first in an occasional feature series. If you would like to see your organization profiled for next semester, please submit a request to echo@callutheran.edu.

OPINION

Salahis cross line for reality TV stardom

Two dinner crashers outsmart Secret Service agents to gain their 15 minutes of fame at the first White House State Dinner of the Obama administration



Caitlin Coomber

The 2005 movie "Wedding Crashers" showed us the consequences of attending wedding receptions uninvited.

This year, it seems we are learning what happens when you show up at the White House State Dinner uninvited.

On Nov. 24, President Barack Obama hosted a dinner in honor of visiting Indian Prime Minister Manmohan Singh.

It was the first State Dinner of the Obama administration, but what really made headlines was the discovery of party-crashers at the event.

News spread that there had been an alleged security breach, and two "guests" had snuck into the exclusive event.

The now notorious couple Michael and Tareq Salahi reportedly crashed the dinner without possessing a formal invitation or



Photo courtesy of www.sxc.hu/

having their names on the official guest list.

The media has been buzzing with sound bites about the Salahi's controversial attendance.

The couple has conducted interviews, press releases and even posted pictures from the State

Dinner on Michael's Facebook page, while vehemently maintaining they had legitimate invitation to the dinner.

In an interview with NBC's "The Today Show" host Matt Lauer, the couple said they did not appreciate being known as

the world's most infamous party crashers.

"This has been the most devastating thing that's ever happened to us," Tareq Salahi said. "We're greatly saddened by all the circumstances that have been involved in portraying my wife and I as party crashers. I can tell you we did not party crash the White House."

The Salahis were apparently contending for a spot on the next season of Bravo's reality television show, "Real Housewives of D.C."

Four years ago, the network brought us the show we loved to hate.

The "Real Housewives of Orange County" exposed the frivolousness and baffling Botox behavior of upper-class housewives.

It seems like this year, wannabe reality stars are taking it to the next level.

Let's be honest. It takes real guts to crash an official White House event, keeping in mind all the cameras and Secret Service that come with the turf.

The Salahis could be facing some serious legal implications for their behavior.

And they are bound to have made some enemies from the scandal.

Three Secret Service officers have already been placed on "administrative leave" for the incident.

But maybe that's what they wanted.

The party crashing incident has gotten the couple more press and media coverage in the last two weeks than most one-hit wonders get in their entire career.

What strikes me the most about the whole scandal though, is the over-dramatized; "uninvited guest" label the Salahis have received.

Although I understand there has to be a level of security at the federal level, the president shouldn't become an untouchable, mystical being that only the elite can interact with.

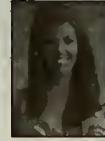
We should aim to have politicians like Obama be more receptive to the public.

I agree that guest lists to international events like the State Dinner should have attendance regulation, but White House events should occasionally be open to the people that voted our representatives into office.

Americans pride themselves on the level of independence and equality that we receive as citizens. Let's not delude ourselves.

If an upper-class, Washington D.C.-based couple are not even allowed to interact with society's crème de la crème, the rest of us don't even stand a chance.

False hope and no change



Linsey Mead

It looks like our new president is walking down the path so many have chosen before him.

Between promises of hope and change, everyone thought it would be different with Obama. The glitz and glamour of the inauguration has faded, and I think he is no different than any previous president.

At the start of his campaign, Obama promoted an anti-war movement and that in his presidency, he would strive to bring our troops home.

Now 11 months into his presidency, he is sending an additional 30,000 troops overseas. Currently we have 68,000 troops occupying Afghanistan.

In an attempt to explain why his anti-war cry has changed, he spoke at West Point earlier this week.

He spoke on the importance and urgency of sending more troops to keep Americans safe, claiming that this is "a war of necessity."

My question is, why 30,000 more

His timeline to end the war is unrealistic, and he is not following through with his promises.

troops?

According to intelligence officials in a Fox News article, these additional troops are being sent to take care of only 100 Al Qaeda and about 20,000 Taliban. I don't believe sending more troops is the solution.

Obama made a rookie mistake. His timeline to end the war is unrealistic, and he is not following through with his promises.

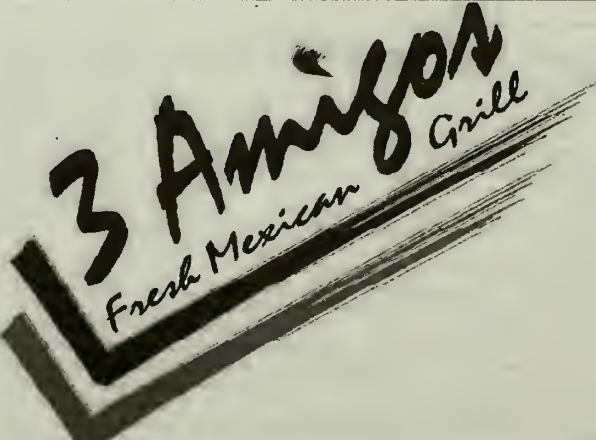
Granted, I don't necessarily oppose him sending troops if that is what needs to be done to keep our country safe. However, I do disagree with him saying one thing and doing another.

Everyone thought Obama was the answer to all of our problems, but it's going to take more than false promises, a poor health care plan and a Nobel Prize to fix our problems.

Do your own research to get a better understanding of our "situation" in Afghanistan.

If we want to see change, we as a society need to make that happen.

As far as sending more troops, I will always support those fighting for our freedom and safety, but I won't support a man that makes false promises.



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The best rules are based on human decency



Margaret Nolan
Editor-in-Chief

You drank alcohol in your dorm room. You had your boyfriend or girlfriend stay the night. You lit a candle in your bathroom. You ran down the hall of your dorm because you were late. You stored a hookah in your hall closet. You used an empty beer bottle as a flower vase. You made a lot of noise in your room during the wee hours of the morning.

Chances are almost all of you reading this can identify with at least one of the statements; many of you are serial offenders. If you are a student at California Lutheran University, then you are guilty of breaking the rules set forth by the Residence Life office.

I have no doubt many of you were able to scrape by without getting into trouble. However, unfortunate ones are caught red-handed breaking one of these rules by a resident assistant and suffered the consequences.

Being a RA gives you the often-unfortunate responsibility of reporting residents who don't follow the rules. While many students do not agree with all of these regulations, they are well aware of the expectations upon admittance to CLU.

Recently the RAs went through evaluations. Several were put on probation and a couple were asked to leave their positions; all because they were guilty of an action or actions not in accordance with the university.

Despite the one action that they were found guilty of, in my opinion, they were good at their jobs and had a true passion for working with their residents.

This got me thinking about the policies CLU currently enforces. It seems if even the people who have a respect for the RA position and the Residence Life office are having trouble following the school restrictions, there's a major

problem.

One reason I chose CLU was that the school is fairly liberal minded. I could tell it would be growing exponentially within the near future and I wanted to contribute to that growth.

But I am starting to think there are still areas where the university has yet to show change. While regulations involving cohab, noise, sports in the hall, open flames/coils and paraphernalia all had valid reasoning when they were instituted, it seems to be time for these rules to be re-evaluated.

School regulations prohibit a member of the opposite sex to be allowed in a room past 2 a.m. From what I understand, this is mainly to prevent roommate conflicts about unwanted boyfriends or girlfriends sleeping over. Yet there are very few RAs who go around doing bed checks or looking for members of the opposite sex in dorm rooms after hours; many of them choose to turn a blind eye to those situations.

So I ask: why does this regulation exist if the people enforcing it choose to dismiss it? Why are students expected to follow rules such as cohab, sports in the hall, open flames/coils and paraphernalia if the enforcers of these rules struggle to follow them themselves?

It seems these rules either need to be updated and fully enforced by all parties involved or dismissed altogether.

Part of the CLU mission statement reads the purpose of the university is to educate leaders "who are strong in character and judgment."

The best rules are based on human decency and human decency is at the core of the CLU mission. It may be naive of me but I would hope CLU students would have strong enough judgment to discuss those potentially problematic situations with everyone who would be impacted by them, along with the character to respect their roommates' feelings from that point forward.

If that is not the case, then they have way more lessons to be learned than they can ever get in a classroom.

Dear Editor,

Whoever thought that sparkly gowns, high heels and a crown could go hand-in-hand with college scholarships?

The Miss America Organization is one of the largest scholarship providers to young women around the country and it's what started me on my journey as Miss Ventura County 2009 to compete with 54 other girls from around the state, all working toward the same goal: Miss California 2009.

This year has been beyond belief, something out of my wildest dreams.

I never realized how much a person could change in a year until I stood back and reflected on my year as Miss Ventura County.

The experience and life lessons I have learned from being a part of the Miss America Organization are things I will take with me far beyond my reign.

Not only have I learned about public speaking, but how to handle myself in awkward and uncomfortable situations, and be able to perform comfortably in front of 44,000 people.

As a senior at CLU, I started competing in the Miss America Organization in October of 2007 when I learned a CLU alumna, Jacqueline Fontaine was the past Miss California 2006.

Letter to the Editor

I did some research and learned about the different stages of competition: personal interview, talent, lifestyle and fitness, evening gown and on-stage question and felt that this was a perfect way to get involved in my community, share my talents and have a shot at becoming the next Miss California, and maybe even Miss America.

I, just like every other little girl, grew up watching Miss America on TV and always had the secret desire of competing in a pageant, and this gave me the opportunity to do just that.

As Miss Ventura County 2009, I had the chance to compete this June and run for the title of Miss California 2009, in Fresno along with 54 others girls from around the state.

It was 10 days of dresses, high heels, accessories for every outfit and memories to last a lifetime.

While that may have been the highlight of my year as Miss VC, I also chose to work with young women around Ventura to promote self-esteem and confidence. I talked to students at schools, libraries and Girl Scout meetings about inner beauty, and the importance of confidence within themselves.

Other events I have been invited to participate at are pancake fundraisers for schools, singing

the National Anthem at the San Francisco Giants game, Nokia Club events, blood drives for a little girl with a rare form of cancer, presentations on teamwork and commitment, meeting previous Miss Americas, ribbon cuttings, Princess and Prince Day at the library and various parades and festivals.

The best thing about becoming involved in the Miss America Organization is that every young woman receives a scholarship who participates, and you do not need any experience to compete.

If you are worried about any sort of area of competition, there is a great committee that will help you with everything from finding a talent that will suit you, selecting an evening gown to working on interviewing questions with you.

Everything you need to know the committee helps you with prior to competition.

I competed three times until I was the right candidate for the position and if you are the right person, the judges will find you.

If you are interested in running for Miss Ventura County 2010, please contact Sandy Bryan, the executive director of the Miss Ventura County Pageant at (805) 529-1078 and www.missventuracounty.com.

Jillian Bischoff
CLU Grad Student

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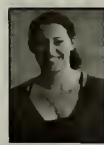
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the Echo

The Santa clause: Bring children cheer around the world



Anna Meyer

In the world of Christianity, there has been a building controversy over the presence of Santa in our modern day world and whether the idea of Santa and the celebration of Christmas has turned the birth of Jesus into nothing more than a commercialized holiday.

The idea of letting children believe in Santa is working to abolish the religious celebrations

based around the winter season seems a little crazy to me.

My pastor recently told me about how her grandchildren don't get presents from Santa and do not have Christmas decorations in their home because their mom believes that Christmas is solely to celebrate the birth of Jesus.

What I think is so ironic about this is God and Santa are a lot alike in many ways. Neither one of them have any real proof to back up their existence; they both do things that are incomprehensible to the human mind and they both live in places cannot be seen or found by humans.

Although I believe in keeping the sanctity of religious holidays,

I also believe that removing Santa from a child's world is a great way to separate them from their peers.

Believing in Santa as a child is something that is considered to be somewhat of a social norm.

What I think is so ironic about this is God and Santa are a lot alike in many ways.

Children who do not believe in Santa always have a little something that separates them from their peers. But I don't think that children alone should believe in Santa.

I believe in Santa, but not in the

traditional way. I got past the idea that a chubby, middle-aged man came down my chimney once a year quite a while ago. However, I do believe in Santa's place in society.

Santa gives children hope. The idea that there is this magical character goes all around the world to bring cheer to children everywhere gives them hope. Hope that there is someone loves every child.

Letting children believe in Santa is a gift from society. In my opinion, it is letting them live in that magical childhood world a little longer.

In a world where people are continuously facing starvation,

foreclosure and attack by insurgents, the idea of holiday cheer is exactly what we need. In theory it is true that by letting children believe in Santa we are only putting off their acceptance of the harsh reality of what the world really is, but maybe if more people had that innocence, the world would be a different place. The ability to believe that things are good and to see the greater joy in life is something that mainly exists in a child's world.

Maybe if the Taliban believed in Santa, things would be different. I do realize that's a little drastic, but it is amazing what a little joy, peace and love can do for a person and the world.

“King of the Counties” decided in Gilbert Center

Brandon Kennedy
Staff Writer

Last Friday, Dec. 4, Cal Lutheran saw its first ever glimpse of the Professional Peace Officers Association. A giant caged ring, blaring music, fog machines and ring girls were the setting Friday night in the gym at Gilbert Sports Arena.

All of the participants entered the gym at the same time to a cheering crowd, and with that, the first “King of the Counties” event at CLU had begun.

The event was held to raise money for families of fallen officers who were killed in the line of duty. T-shirts, snacks and other refreshments were also available, all being sold to raise money for the cause.

Brian Moriguchi is the president of the PPOA, and it is his job to go out and find more police officers who are willing and able to participate in the grappling league to help out their fallen comrades.

“Grappling is a young person’s sport, and we felt that we could get a good turnout on CLU’s campus,” Moriguchi said.

He also mentioned that while the fighting does not contain the punching and kicking as seen in Mixed Martial Arts, the actions



Photo by Nick Gilliam — Staff Photographer
Officer Down: Police officers from Ventura and Los Angeles counties battled in cage fights last Friday.

taking place in the ring are much closer to the MMA style rather than a wrestling tournament.

“You still have the entertainment factor,” Moriguchi said.

Grapplers came out to the music of their choice as in other wrestling or boxing matches with fog spilling out across the arena as the ring

girls introduced the fighters.

Lindsey Carnett, CLU alumna and CEO of Marketing Maven Public Relations, Inc., the public relations firm that is representing the PPOA, was excited to be part of this event and hopes that they can come back next year to do it again.

Tap Out, the company that

makes almost everything that has to do with organized fighting, was a major sponsor of the event and was featured on the participant’s shirts.

“We have partnered with the CLU Criminal Justice Department to provide a win-win situation for students in the field of criminal

justice,” Carnett said.

The students were given the opportunity to help at the event, as well as meet some of the officers and gain valuable connections.

Carnett has been able to secure a lot of media coverage for the PPOA in the past including: FOX 11 News, Tap Out Radio and The Ultimate MMA Magazine, just to name a few.

“It feels good to earn the support for such a worthy cause that is near and dear to my family,” Carnett said.

Also helping out with the event was CLU student Gabriella Gomez.

“We raised a lot of money and awareness for the PPOA,” Gomez said.

While the money helps the association, awareness at this point in its life may be just as important so they can acquire more sponsors in the future, leading to more donations and money for the officer’s families.

“I had a lot of fun watching the fights as well; it’s a lot more exciting than you may originally think,” she said.

Overall the event was held for a good cause and was able to raise money during the season of giving.

Tiger skips own tournament

Furyk wins for the first time since 2007

Greg Gelber
Staff Writer

Tiger Woods was not there for his own tournament, but the rest of the field soldiered on.

The Chevron World Challenge took place for the 11th year in a row from Thursday, Dec. 3, to Sunday, Dec. 6, in the private residential area of Lake Sherwood, Calif.

Famed golfer Jack Nicklaus designed the Sherwood Country Club golf course, which was opened in 1989.

The tournament helped benefit the Tiger Woods Foundation, mainly the Tiger Woods Learning Center in Orange County, Calif.

Tiger Woods specifically chose the 18 players for this event.

“People expect Tiger Woods to be at his own tournament... it’s disappointing.”

Nick Dingman Senior
The tournament was hosted by Woods, but he withdrew from the tournament following his now infamous car crash on Nov. 27.

“It was disappointing for me to buy tickets because I wanted

to see Tiger play, but overall the experience was fun, and I would do it again,” said Nick Dingman, a senior at Cal Lutheran who attended the tournament.

The weather was extremely cold on Sunday, sitting in the mid 50s, as Sherwood is locat-



ed in a valley, surrounded by mountains and trees.

Jim Furyk won his first tournament in the two years, finishing at 13 under, which gave him a one shot victory over Graeme McDowell, the player who filled in for Woods.

“It’s bothered me,” Furyk said of his victory drought to the Associated Press.

“I’d be lying if I said otherwise. That’s your goal every year to go out and win, and I haven’t been able to do it. Hopefully, this will be a stepping stone.”

Woods is known for wearing his signature black pants and red shirt on the final day of a tournament, and Furyk followed suit, wearing the same colored outfit on the day he clenched the victory.

Behind Furyk and McDowell was Padraig Harrington and Lee Westwood, who tied for third.

Justin Leonard brought up the rear, finishing at three over par, the only player who didn’t manage to post at least a par over the four day tournament.

Furyk’s last win took place at the 2007 Canadian Open, and he collected the \$1.35 million purse with the victory, moving him to the sixth ranked player in the world.

Sunday saw six different players either tied or winning outright at different points during the day.

“So many people had leads at certain points today, which is what you want to see in a golf tournament. With only 18 players on the course, it was easy to walk around and follow them,” said Chad Hescong, a senior at Cal Lutheran who attended the event.

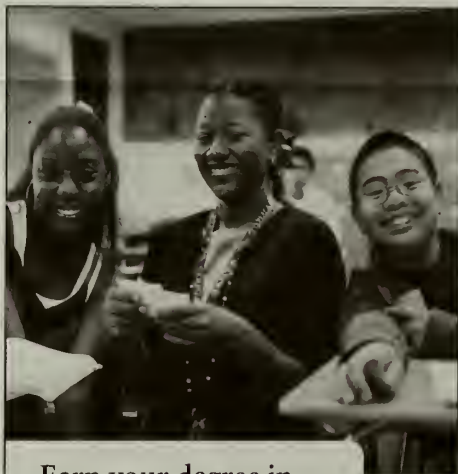
The top eight finishers were only separated by four strokes, so there was never a clear winner until it was all over.

Being that Woods was not there, people who bought tickets will automatically get 20 percent off the ticket price for next year’s tournament.

Although this event is usually a very popular one, Woods’ absence made the tournament a little anti-climatic.

“People expect Tiger Woods to be at his own tournament, and when he doesn’t show up, it’s disappointing,” Dingman said.

“I’m an avid golfer, so it was still a blast for me to see all the great players.”



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From day care to Division 3 for the love of the game

Childhood passion leads to SCIAC champion desire

Allie Mansfield
Staff Writer

Most children are forced into extracurricular activities by overzealous parents with hopes that their child will one day be a star.

For junior forward Aaron Fisher, the love for the game of basketball came at a younger age than most.

It all started while in day care; with only basketballs to play with, he slowly began to develop his love and passion for the game.

Having played all four years at Notre Dame High School in Los Angeles and making his mark on their basketball program, Fisher progressed onto the court for the California Lutheran University Kingsmen basketball team with hopes of doing the same.

Appearing in 24 games as a freshman and averaging 5.3 points per game in 2007, and progressing into 10.5 points and 5.6 rebounds per game in 2008, Fisher has already started to make his mark as a Kingsmen.

"It makes me feel like my hard work is paying off, but there is still a lot that I want to accomplish," Fisher said.

"It is a good start but I still have

a long way to go. There are a few things I want to finish while here at CLU."

As the Kingsmen basketball season draws closer, Fisher and the rest of the basketball team have high hopes for the 2009-2010 season.

"I want all of us to play the best we can because if we do that we can win our conference and hopefully make it to the NCAA tournament, which is everyone's goal this year," Fisher said.

While 6-foot-4 Fisher and the Kingsmen prepare for their season, two games are in the back of Fisher's mind as must wins. After losing in the last few seconds of the game against Whittier College last season, Fisher has committed to bring more intensity to the game against Whittier than any other game.

"They took it from us last year, so we are going to come out and play hard against them. We are going to add a little fire because of what happened last year. Hopefully we can come out and beat them like I know we can," he said.

Although there is a score to settle with the Whittier College Poets, the game that Fisher is most eager about is against Claremont-Mudd-Scripps which could potentially determine who makes it to the playoffs.

"I am excited for all the games this year, but if it had to be one, it would be against Claremont. We



Photo by Maxx Buchanan - Staff Photographer

Instant Offense: Aaron Fisher is credited as the most dynamic Kingsmen.

are the top two teams; it's the last game of the season and it's home. We have the advantage of being on home court with our home crowd

so it should be a great game," Fisher said.

The commitment made by Fisher to his fellow basketball players and

coaches is easily seen through his dedication to the game.

"He's a tremendous athlete who can guard all five positions on the court, and also take advantage of mismatches on the offensive end both on the inside and outside. He's a versatile player that not many teams in the country can say they have," senior guard Kyle Knudsen said.

Fisher believes his team has what it takes to be a SCIAC championship team.

"Our team is good, we have three seniors, as opposed to last year when we didn't have any. We have two seniors that are the best players in the conference, we feel solid that they will lead us where we want to go," Fisher said.

"We also have great coaches who have been here for a long time so they know how to guide us and bring us into a winning team."

The coaches believe Fisher to be a tremendous asset, referring to him as the "instant offense" because of his ability to score the minute he steps on the court.

"I believe that 'Fish' is the most dynamic player on our team because of his ability to play a variety of positions," coaching student assistant Josh Thies said.

"Fish has the ability to play the post position as well as a 2 or 3 guard depending on the situation. He is definitely a key element to a successful season."

Intramural championships close out fall semester

Indoor soccer and volleyball title games this week

Rachael Hubbard
Staff Writer

This fall California Lutheran University offered seven intramural sports for any current undergraduate or graduate student as well as faculty or staff members to participate in.

These sports included innetube water polo, 3 on 3 basketball, league bowling, kickball, volleyball, indoor soccer and softball.

Each sport is co-ed and requires a certain gender quota to be met per team.

Innetube water polo, 3 on 3 basketball, and kickball have all already participated in their championship matches.

Volleyball is played on Wednesday nights in the Soiland Recreation Center. Each team plays the traditional rules of volleyball with six players on each side.

Each side must have at least two members from each gender. The best of three games are played at men's net height, which stands at eight feet tall.

Wednesday, Dec. 2, was the first round of playoffs and at the end Set to Kill led by Graeme Bill, and Chitty Chitty Bang Bang led by Ryan Cudahy, moved on to the finals.

"We got this far because of our communication, positive environment and being able to do this with friends," Bill said.

Chitty Chitty Bang Bang and Set to Kill are scheduled to play tonight, Dec. 9, in the championship game in Gilbert Arena.

One of the longest running intramural sports that CLU offers is softball. Teams compete on Sunday afternoons on North Field.

On Sunday, Dec. 6, the Aardvarks, led by Andrew Atkins were losing to the Teddy Gramms but came back in the last inning to defeat them 8-7, ensuring their bid into the championship.

The team scheduled to play the Aardvarks in the finals are the Silver Bullets led by Kyle Leonard.

The Silver Bullets defeated 1-xobille 16-15 on Dec. 6. To be win the championship, the Silver Bullets have a game plan laid out.

"We need to play better defense and have our players come through on offense," senior Maxx Buchanan said.

The Silver Bullets have been undefeated due to their relaxed style of play.

"We are all team players. We just show up and keep things silly," senior Ryan Kolb said.

Their team strides to find different ways to keep the game fun and exciting.

"Today (Dec. 6) we wore sombreros to the field for fun. Since we were making a lot of errors, whenever someone made a key

error, they had to wear one. We like to keep things light," said Buchanan.

Aardvarks and Silver Bullets are playing in the championship on Dec. 13 at 1 p.m. at Hutton Field.

Indoor soccer is one of the most popular intramural fall sports. This year there was a total of 12

teams that participated.

There were two separate leagues, Sunday night and Thursday night. Nikotama S. Panther, led by Brad Yajima, placed first in the Thursday league. It is Yajima's third year making it to the finals.

"We are a fun group of people, just out there to have a great time.

It's all about how much you love the sport and if you can have fun regardless of the score, then the win will come with it," said Yajima.

Nikotama S. Panther is scheduled to play CLU Vikings, led by Even Kvelland, Thursday at 9 p.m. in the championship game.

